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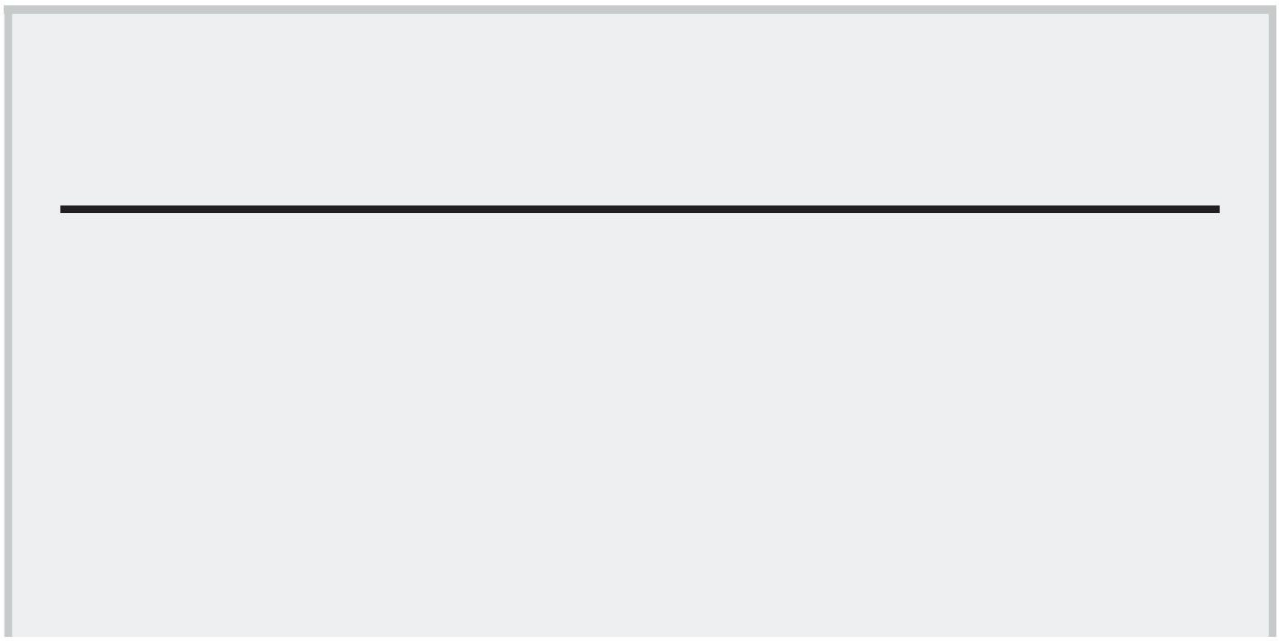

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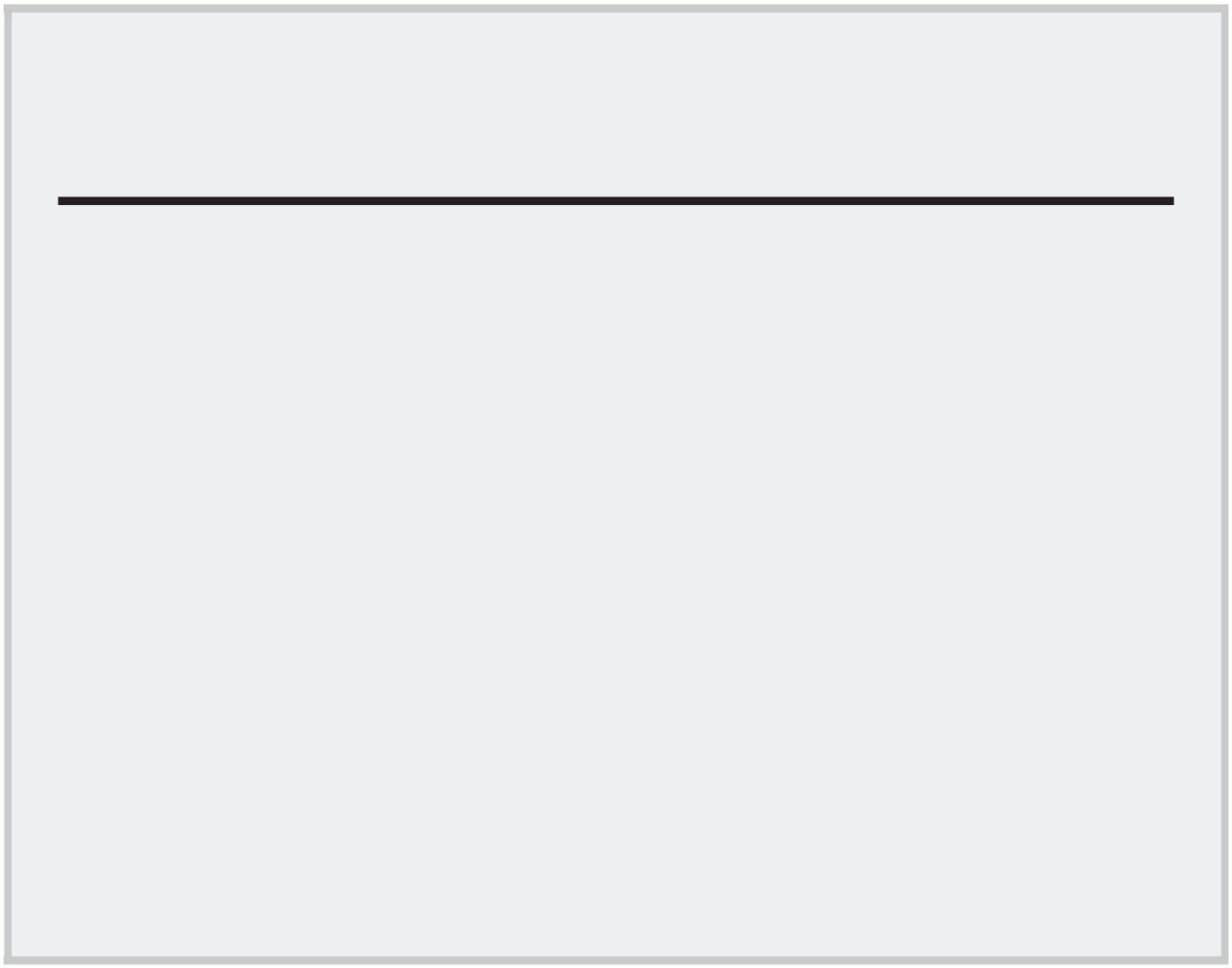

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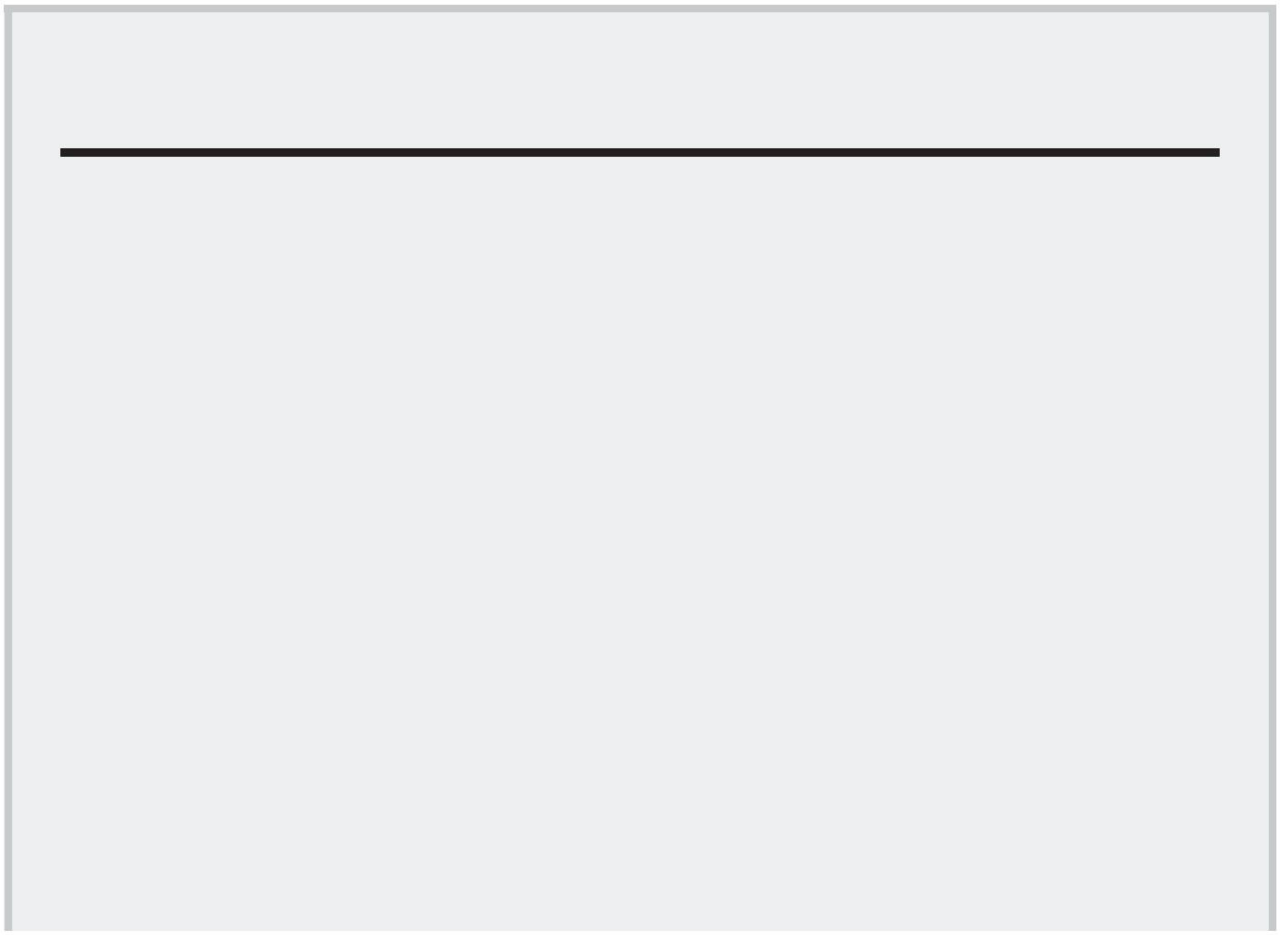

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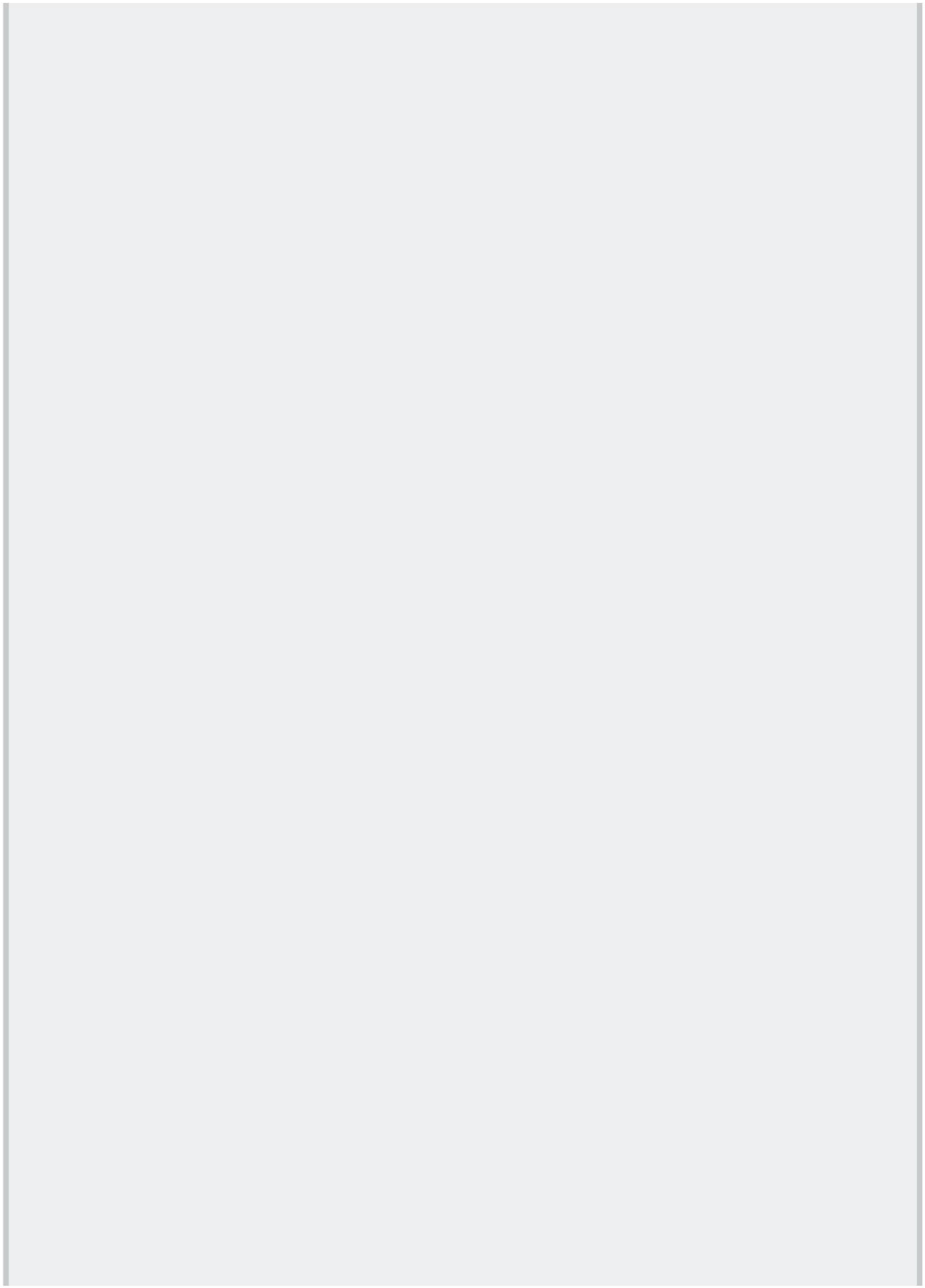

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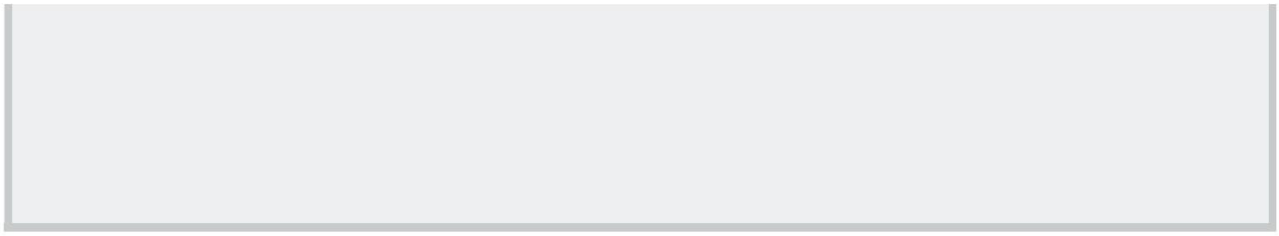

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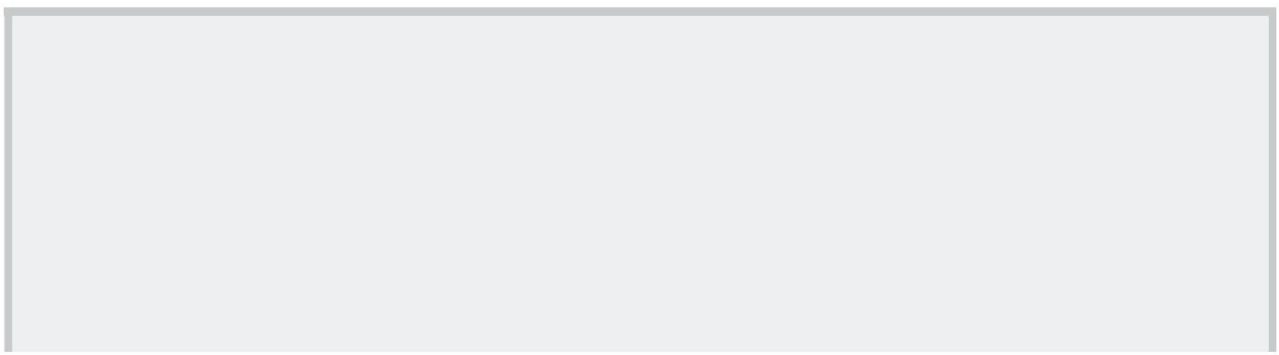

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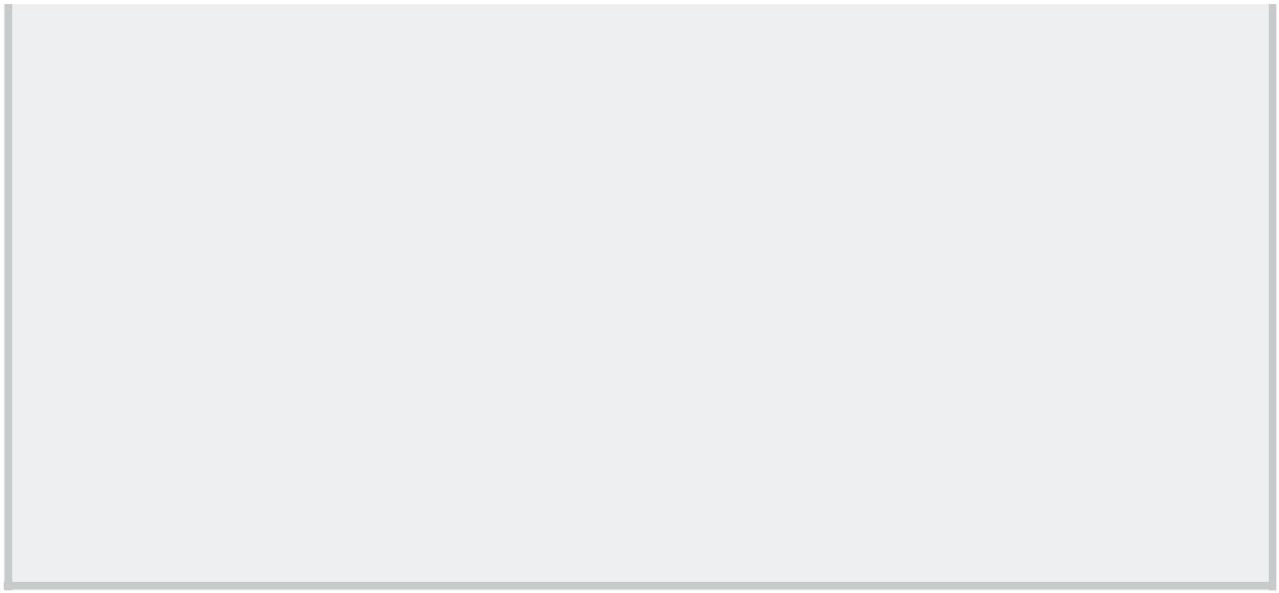

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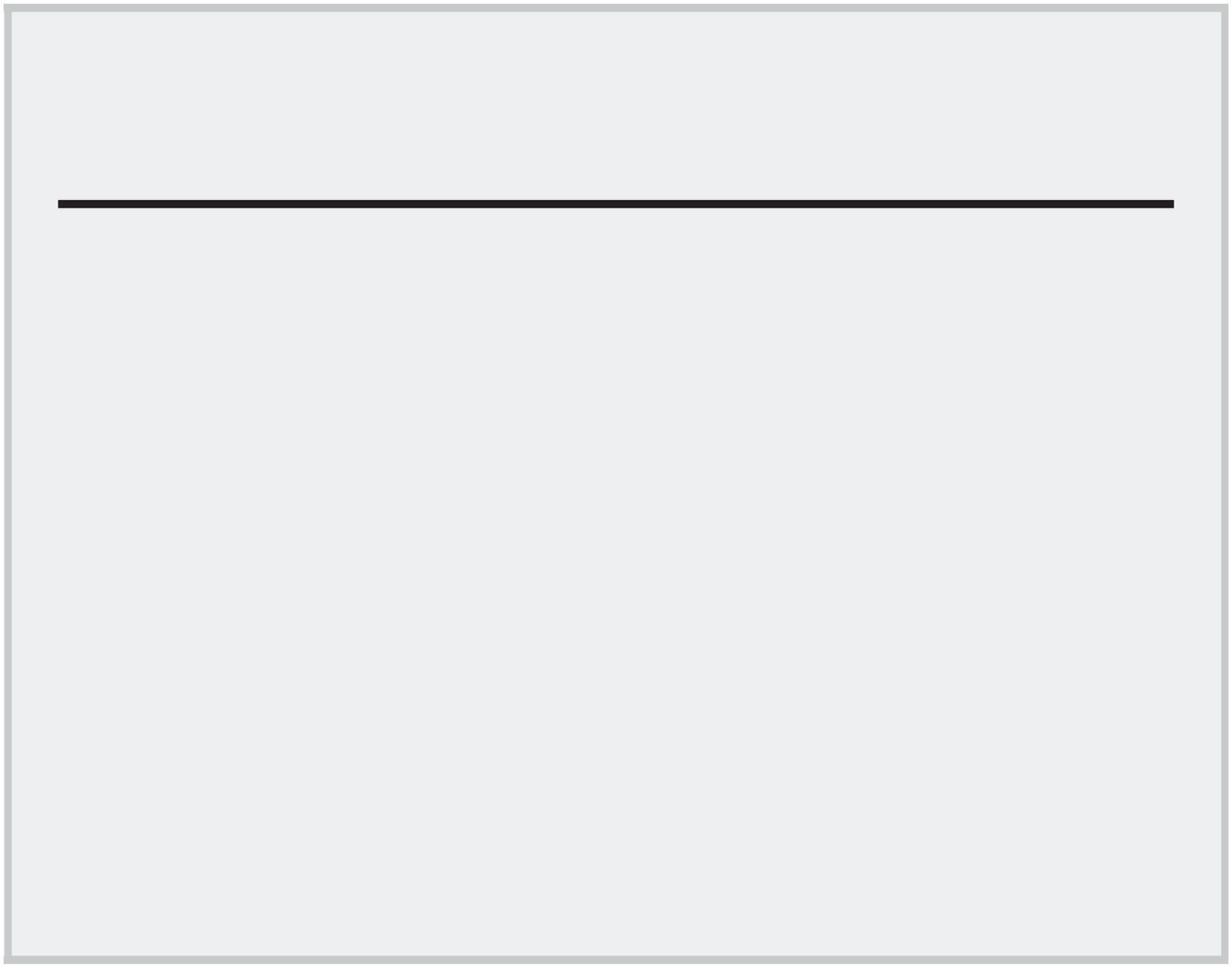

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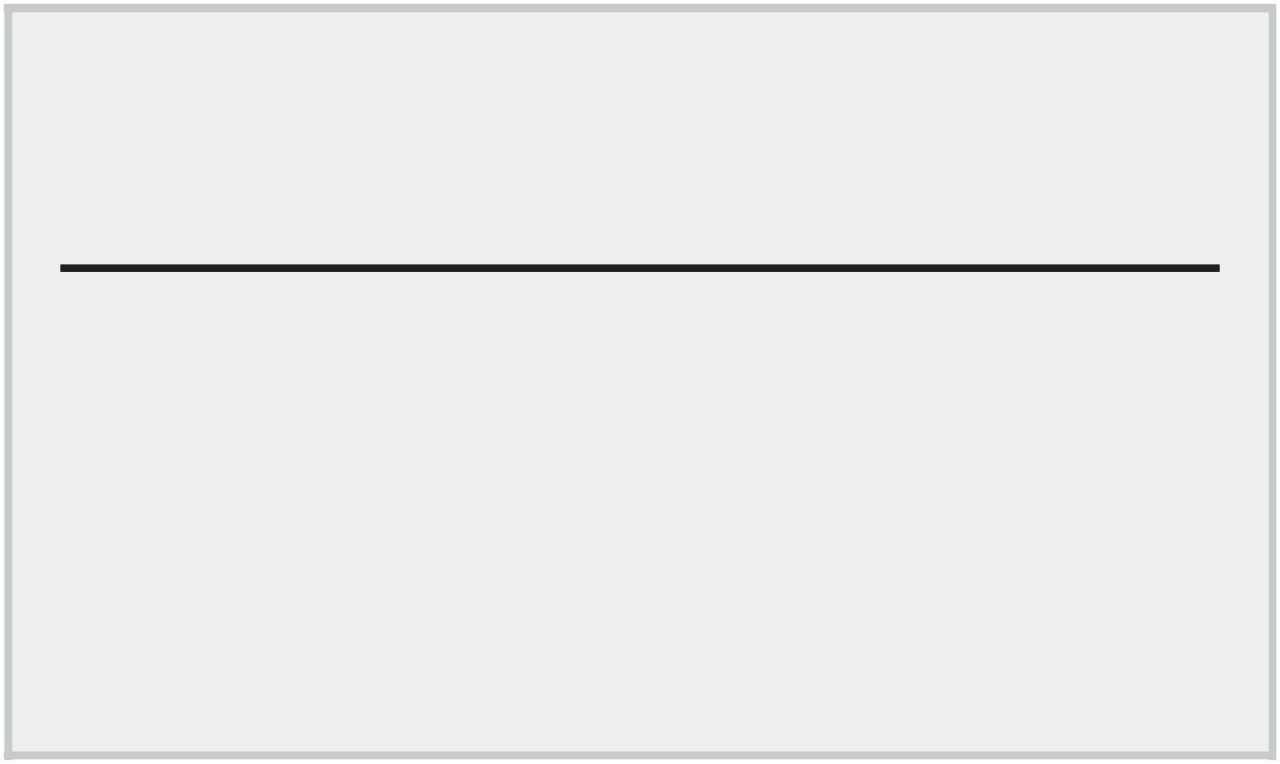

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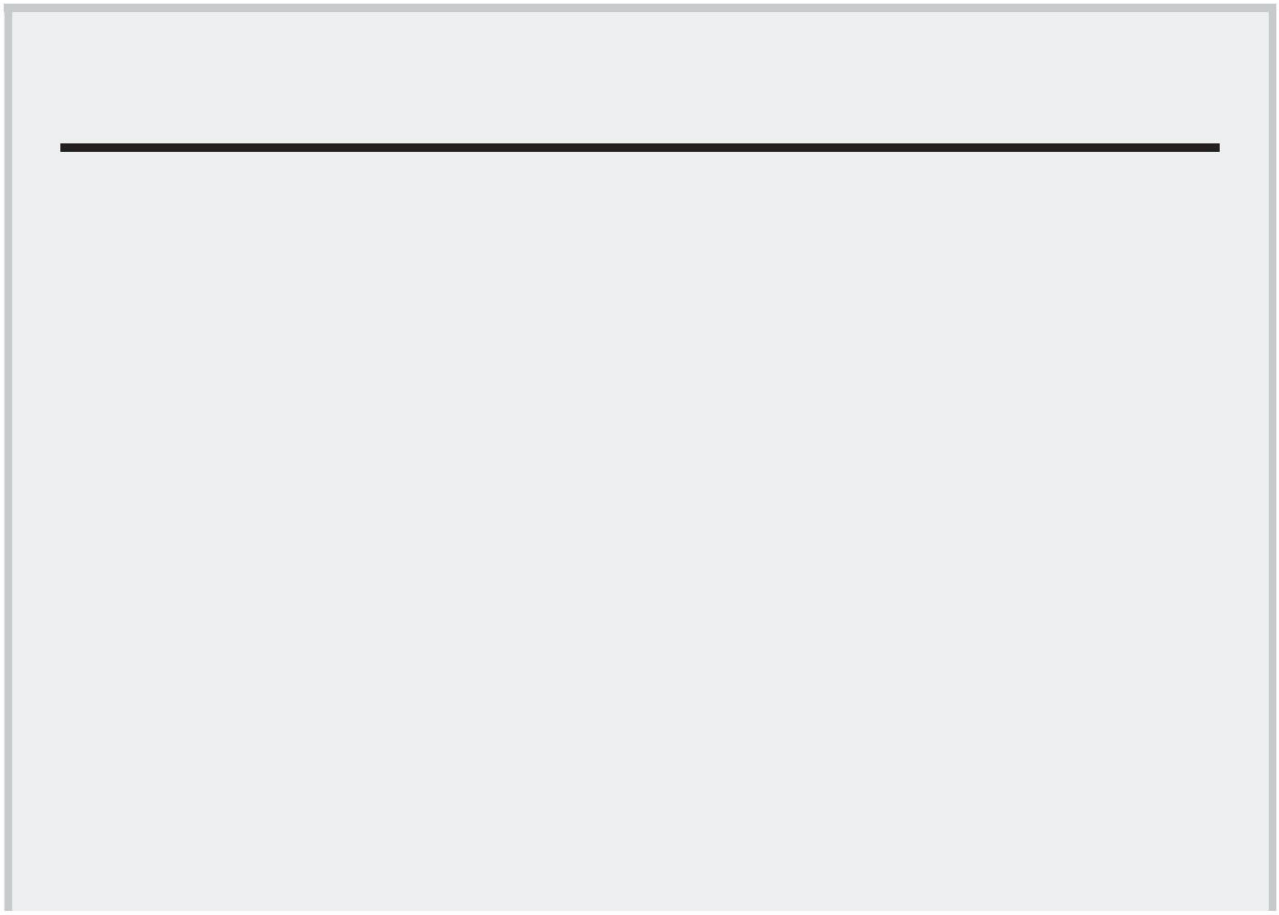

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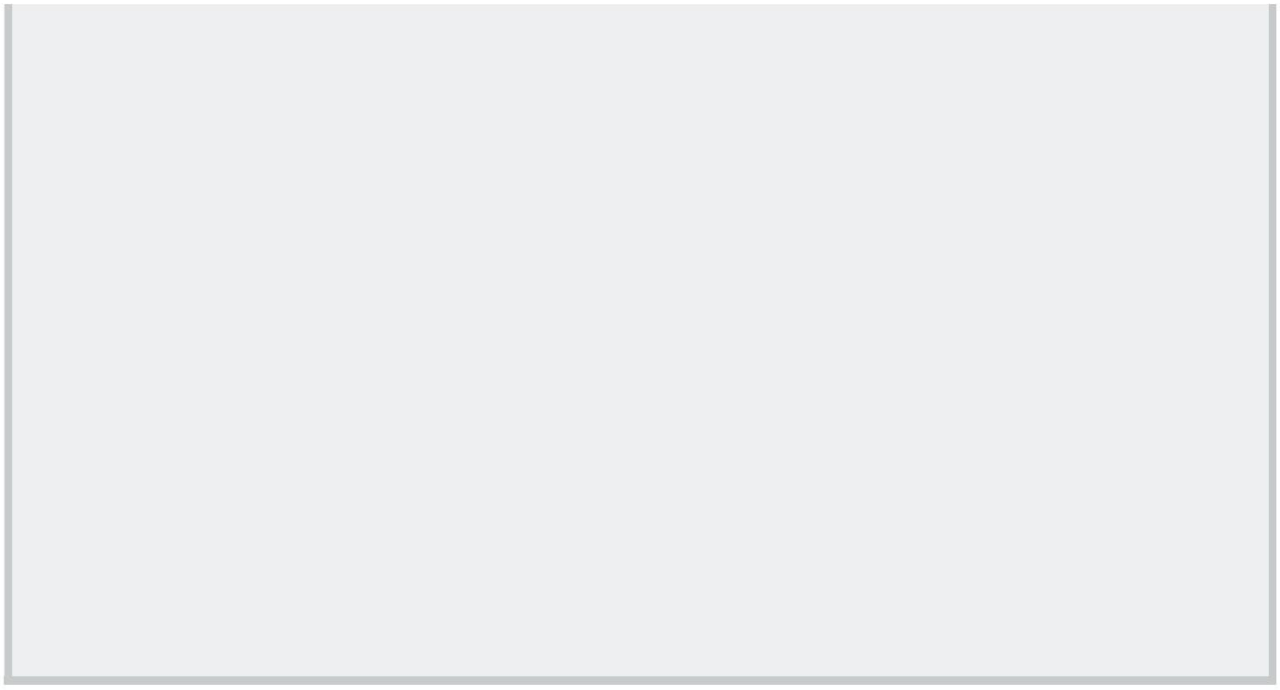

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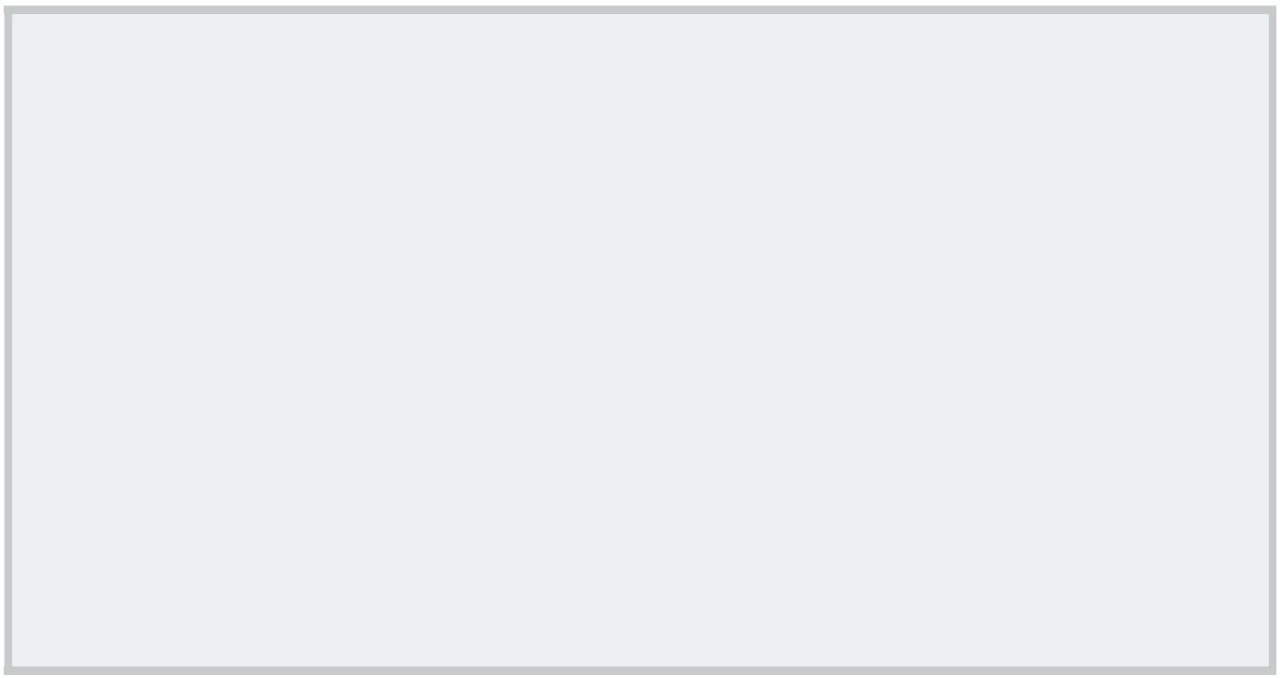

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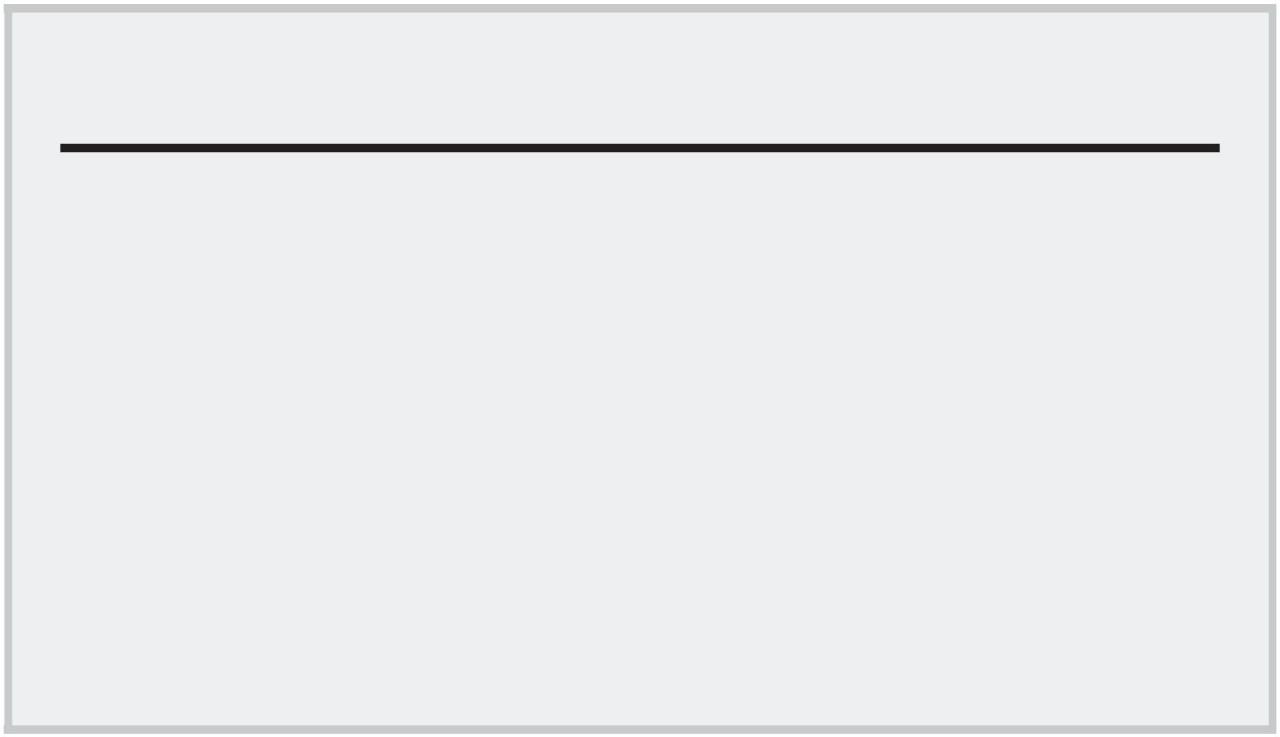

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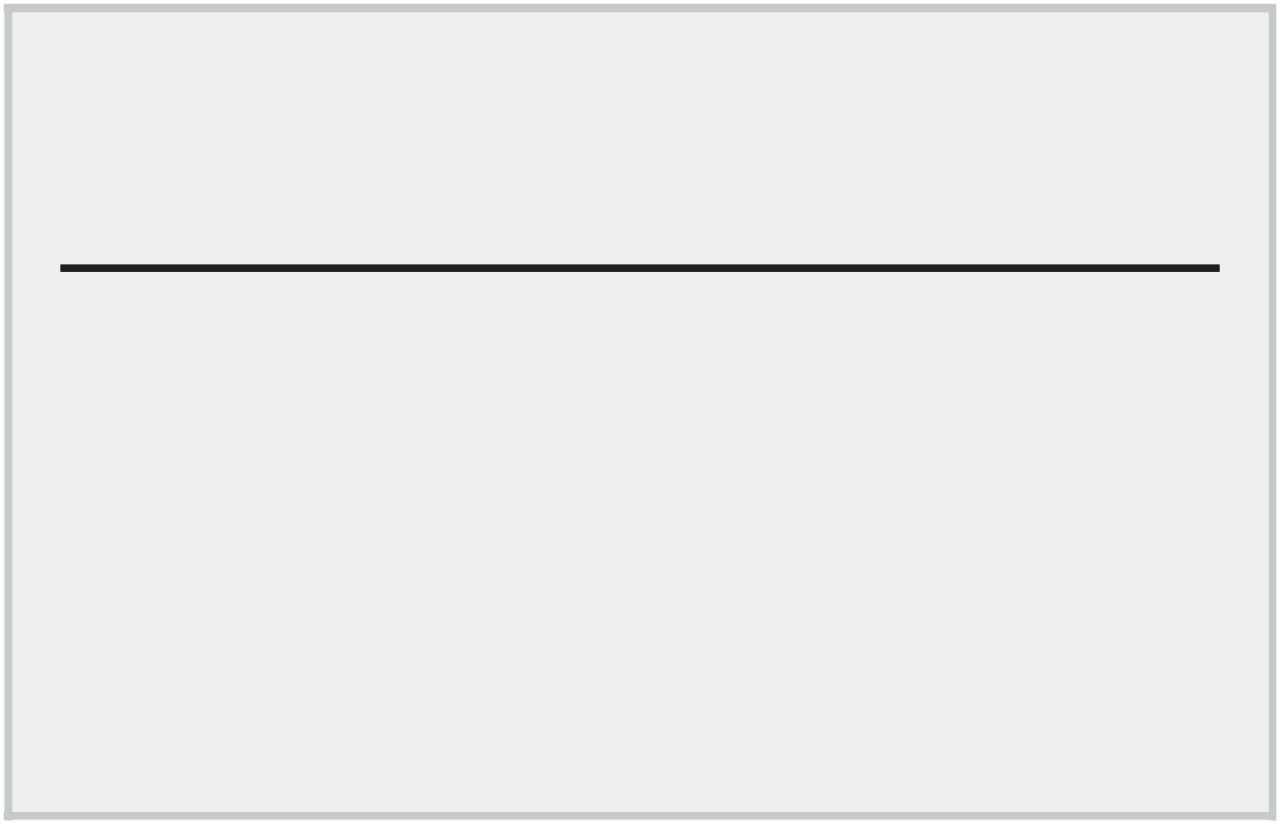

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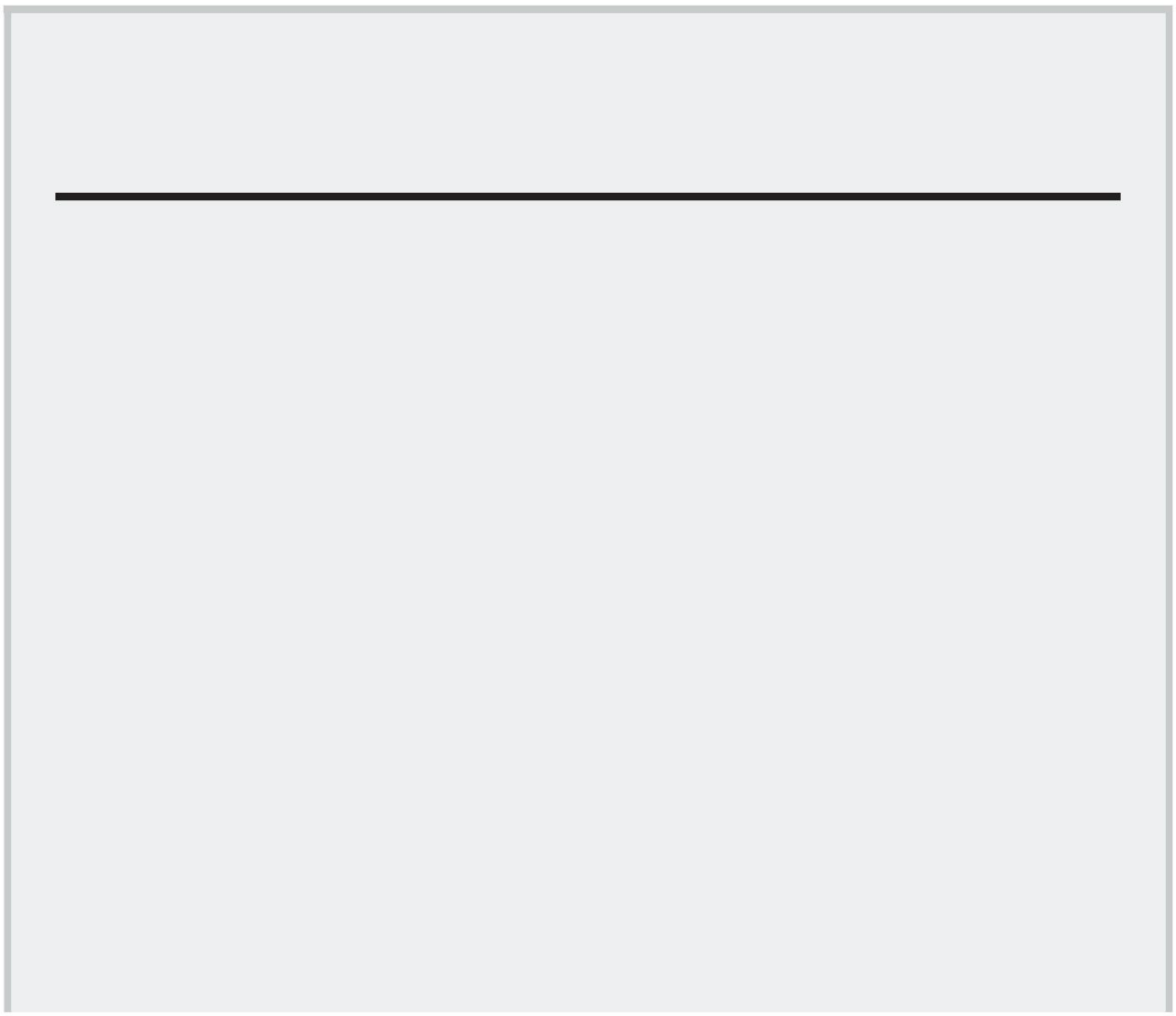

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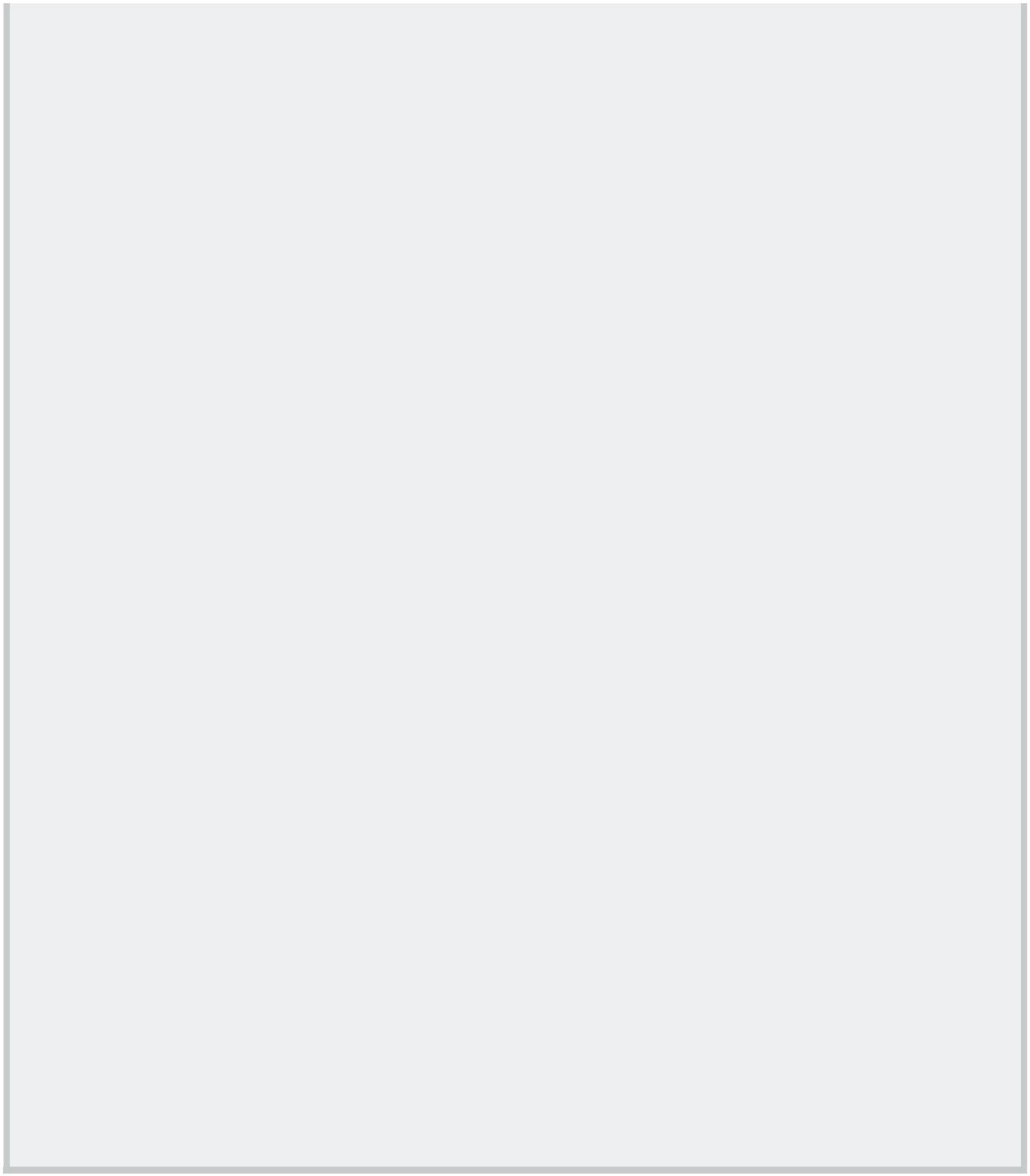

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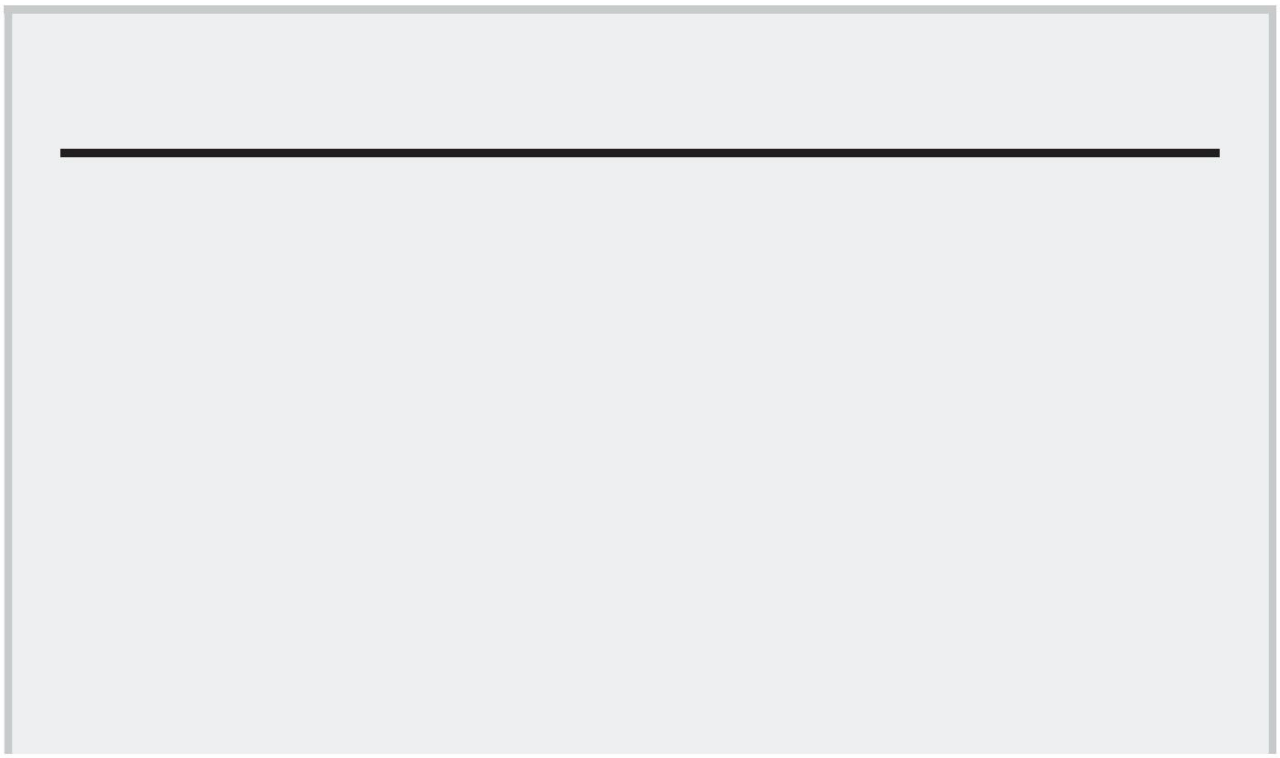

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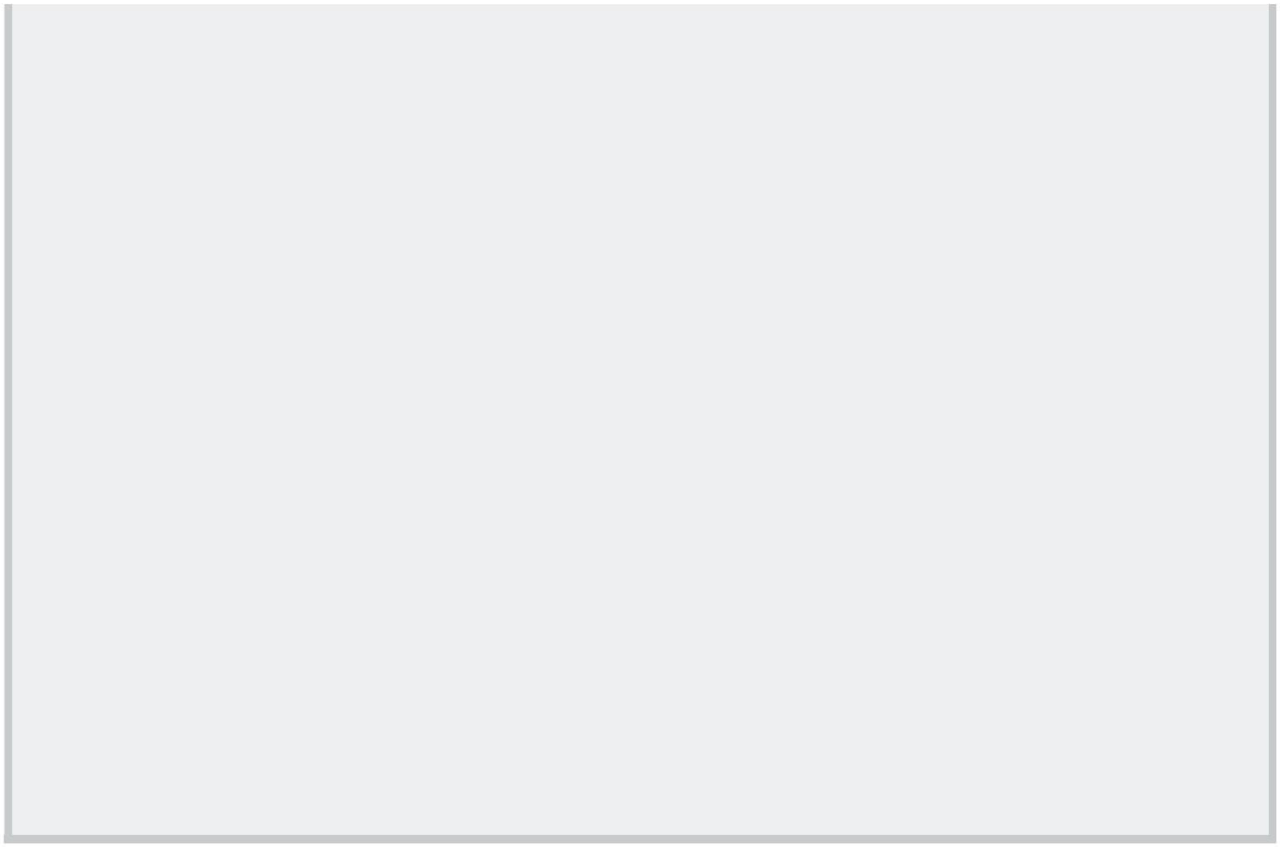

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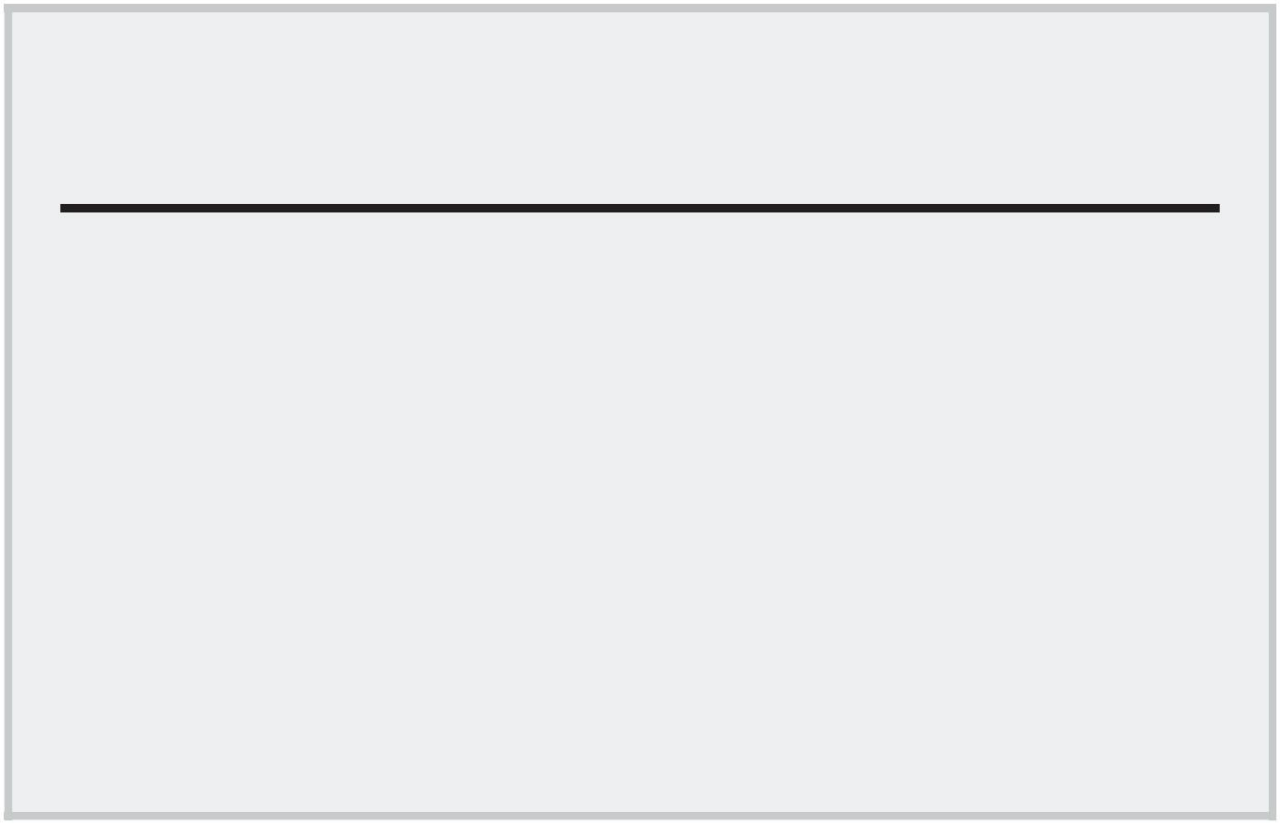

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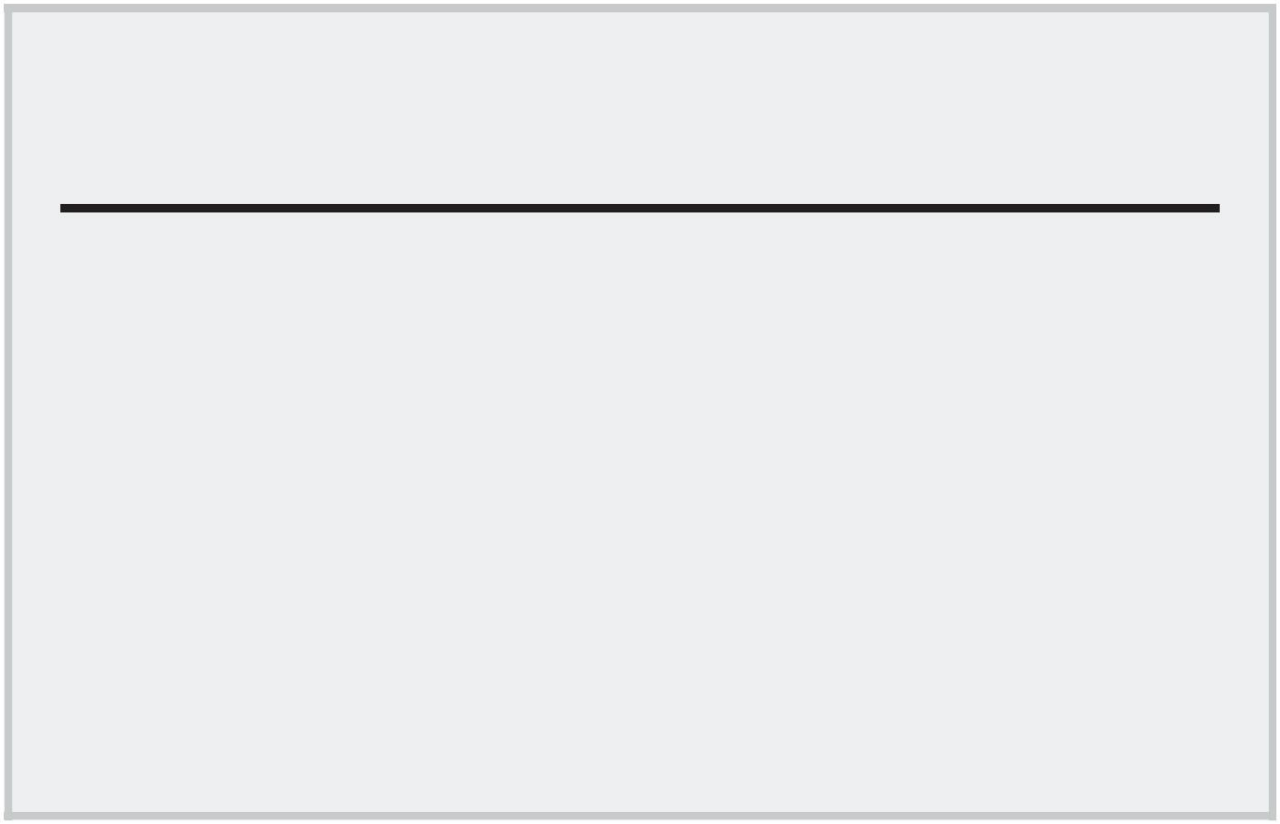

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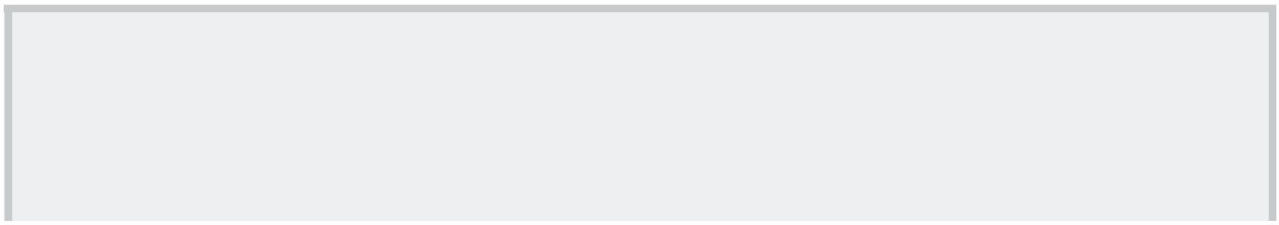

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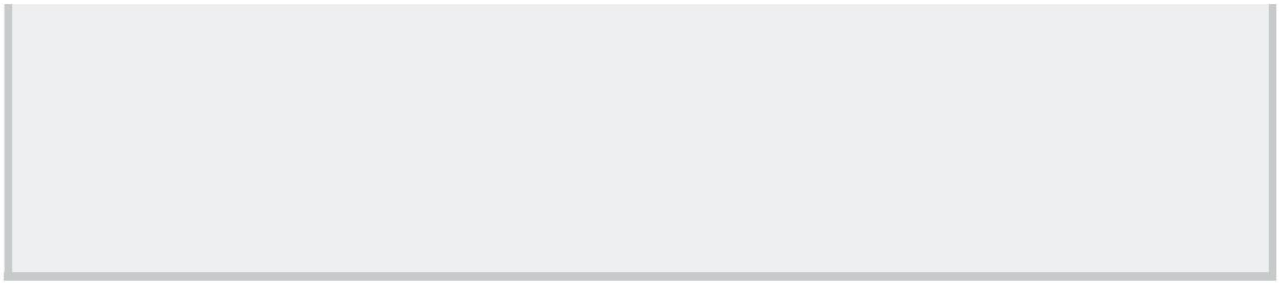

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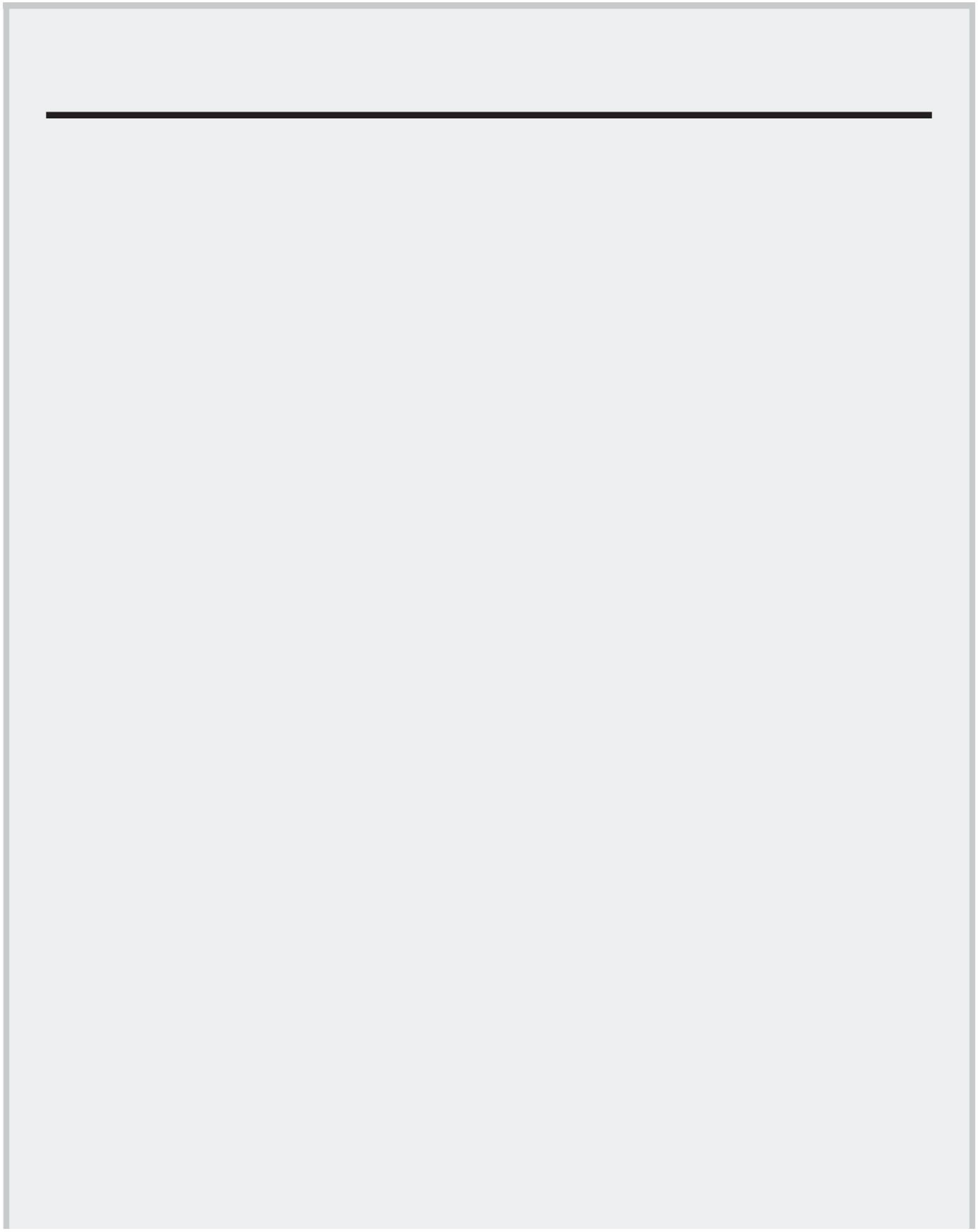

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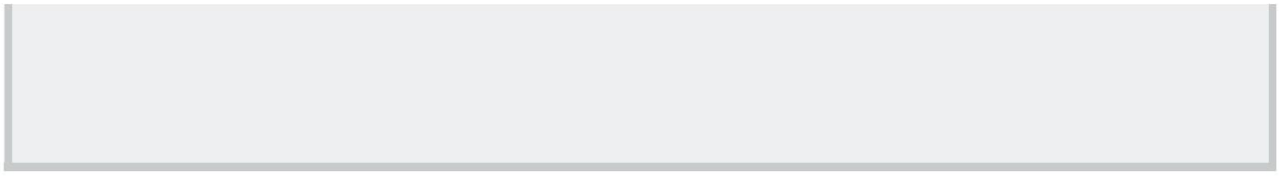

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PART FOUR

TESTING AND SUPPLEMENTS

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Life Stage	Men	Women	Pregnancy	Lactation
Age 14–18	410 mg	360 mg	400mg	360 mg
Age 19–30	400 mg	310 mg	350 mg	310 mg
Age 31+	420 mg	320 mg	360 mg	320 mg

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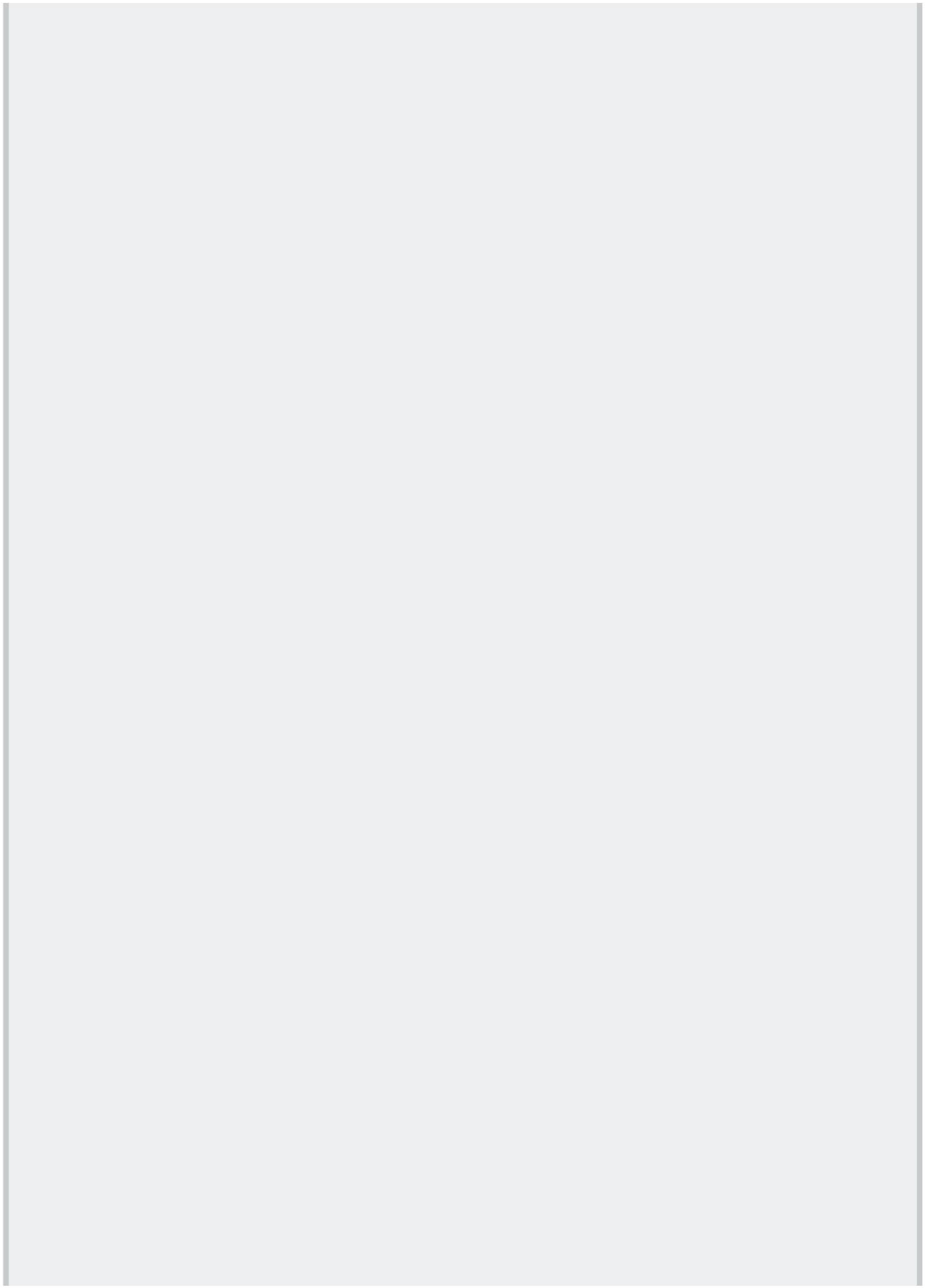

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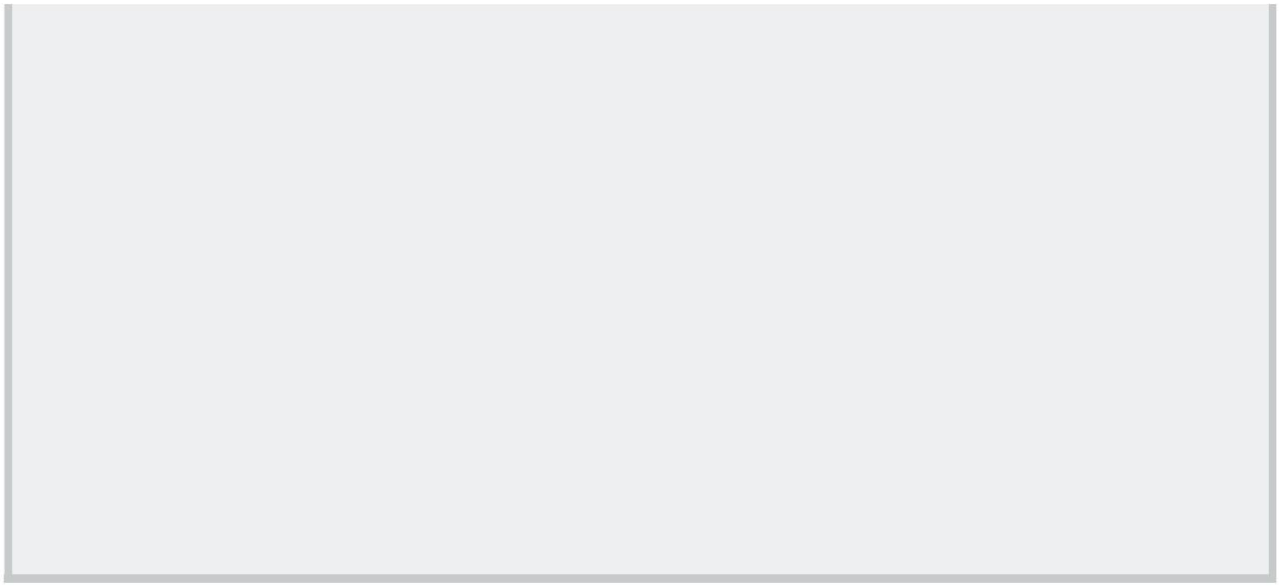

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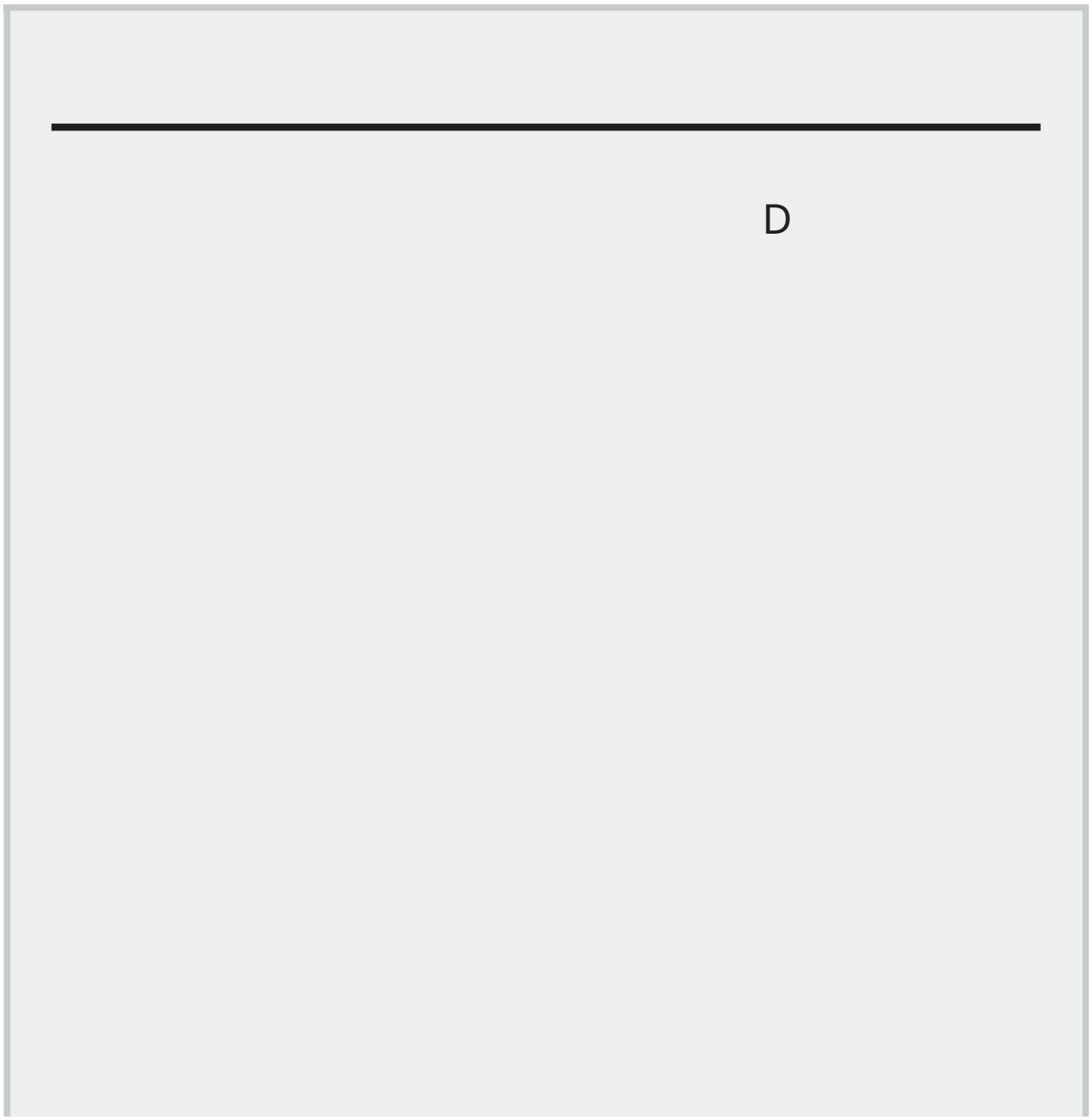

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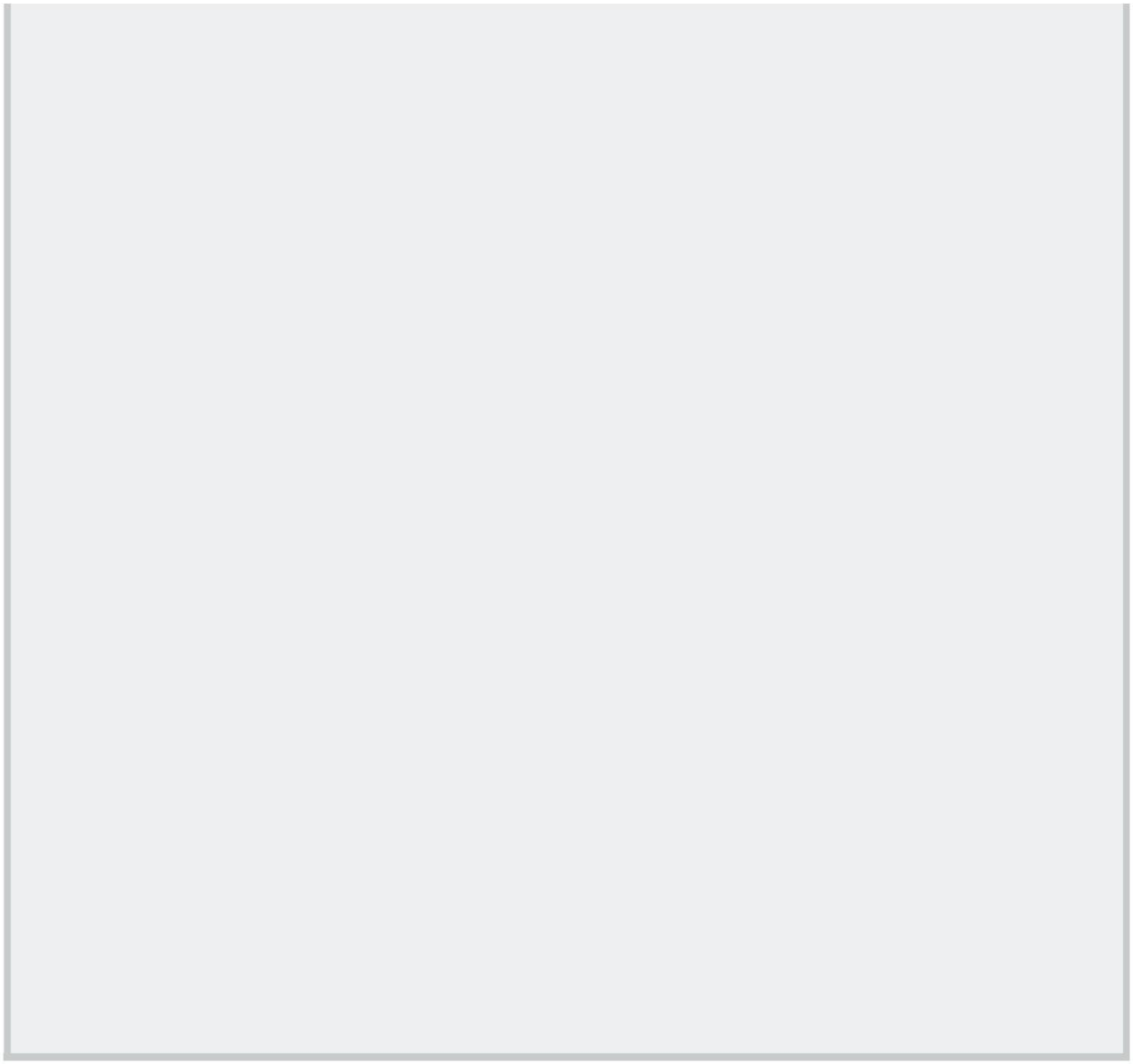

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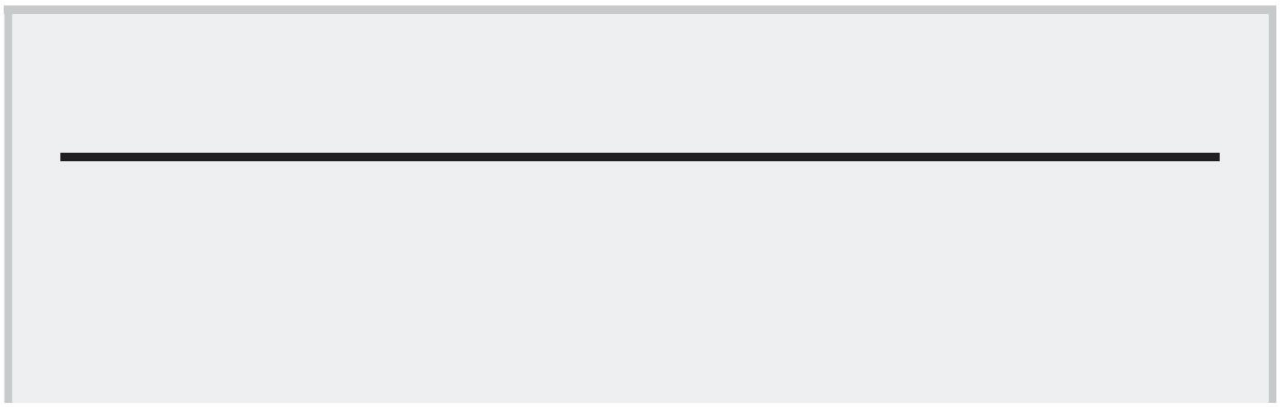

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Water Name	Country	Magnesium (mg/L)	Calcium (mg/L)	Sodium (mg/L)
Adobe Springs	USA	96	3.3	5
Santa Ynez	USA	87	19	—
San Pellegrino	Italy	57	203	46
Penafiel	Mexico	41	131	159
Vittel	France	38	181	3.7
Evian	France	24	78	5
Naya	Canada	22	38	6
Volvic	France	7	10	10.7
Saratoga	USA	7	64	9
Perrier	France	5	143	15.2
Alhambra	USA	5	9.5	5.4
Arrowhead	USA	5	20	3
Sparkletts	USA	5	4.6	15.2
Calistoga	USA	2	8	163
Cobb Mountain	USA	2	5.6	4.6
Poland Spring	USA	2	13.2	8.9
Sante	USA	1	4.2	160
Black Mountain	USA	1	25	8.3
Crystal Geyser	USA	1	1.5	30

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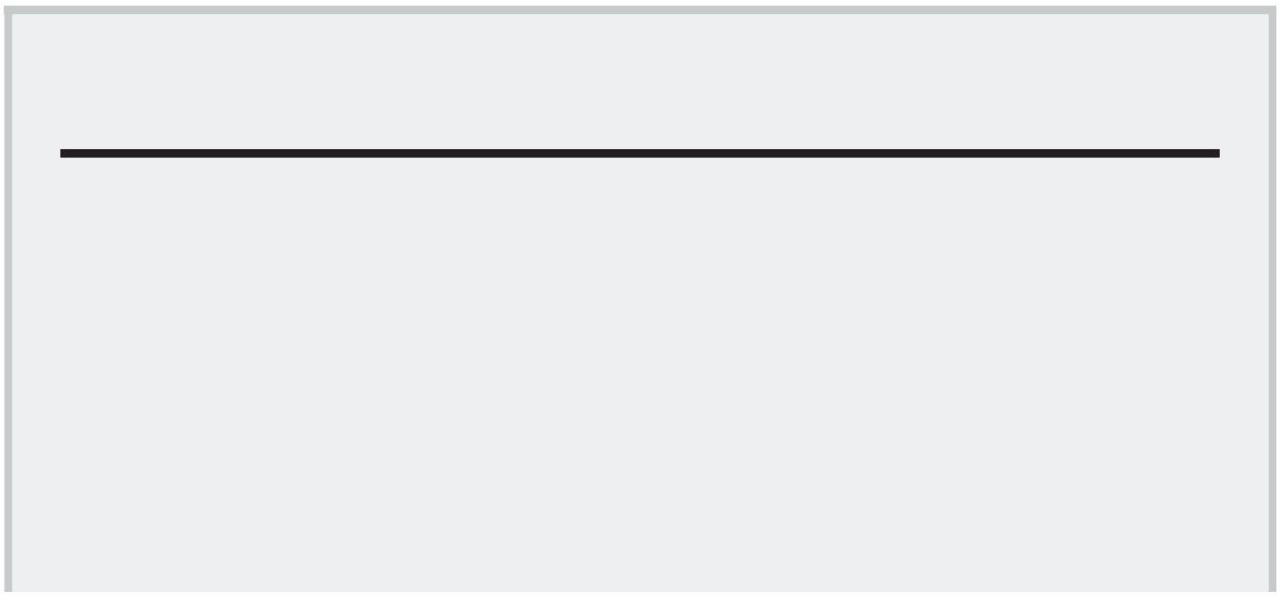

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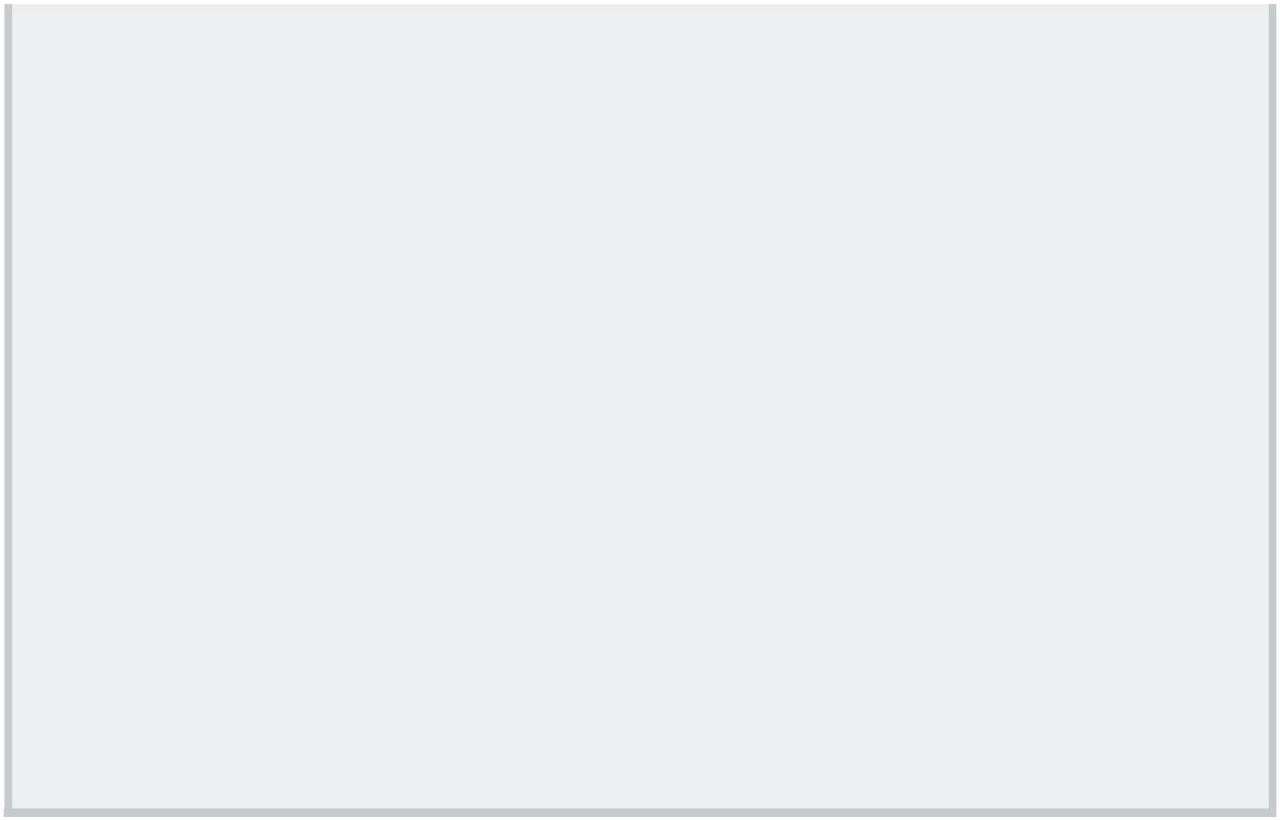

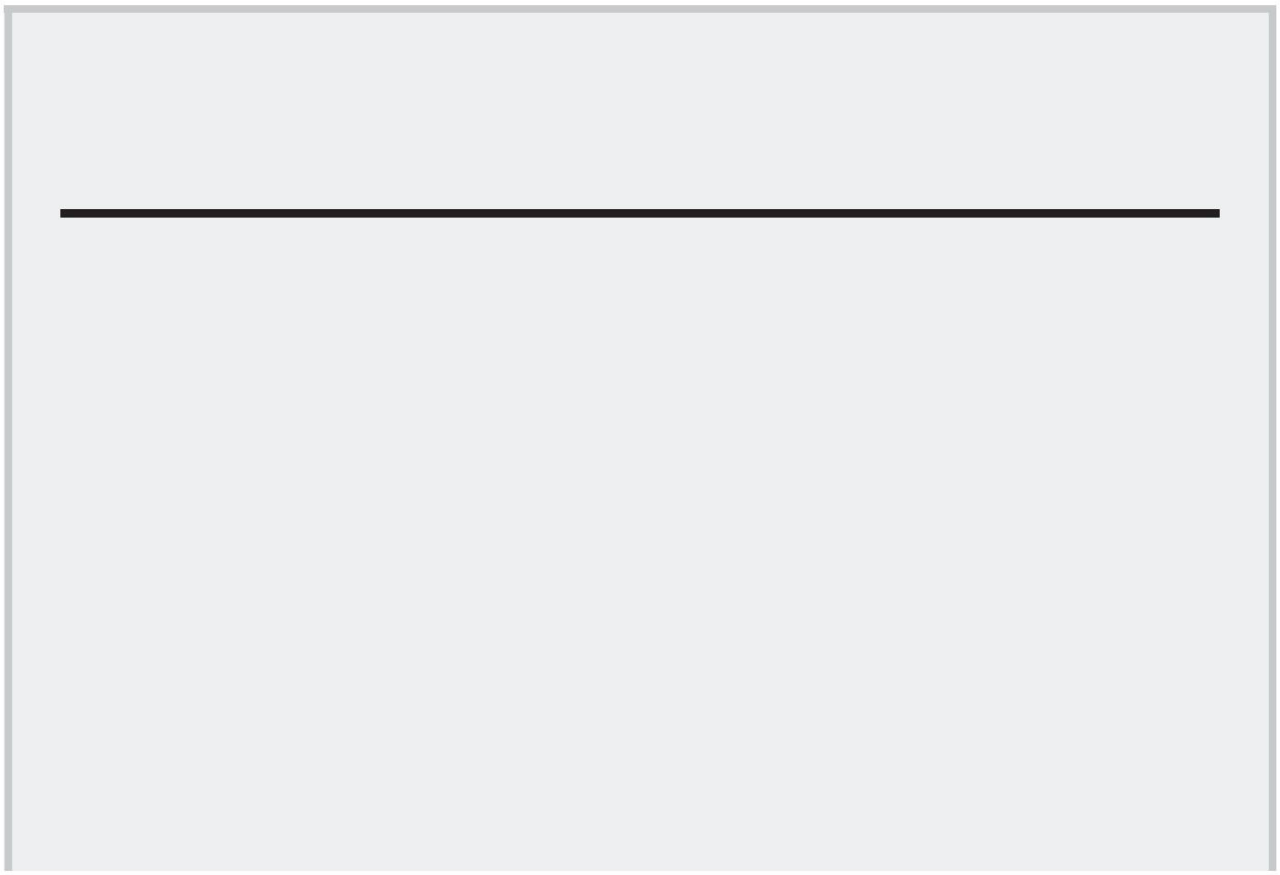

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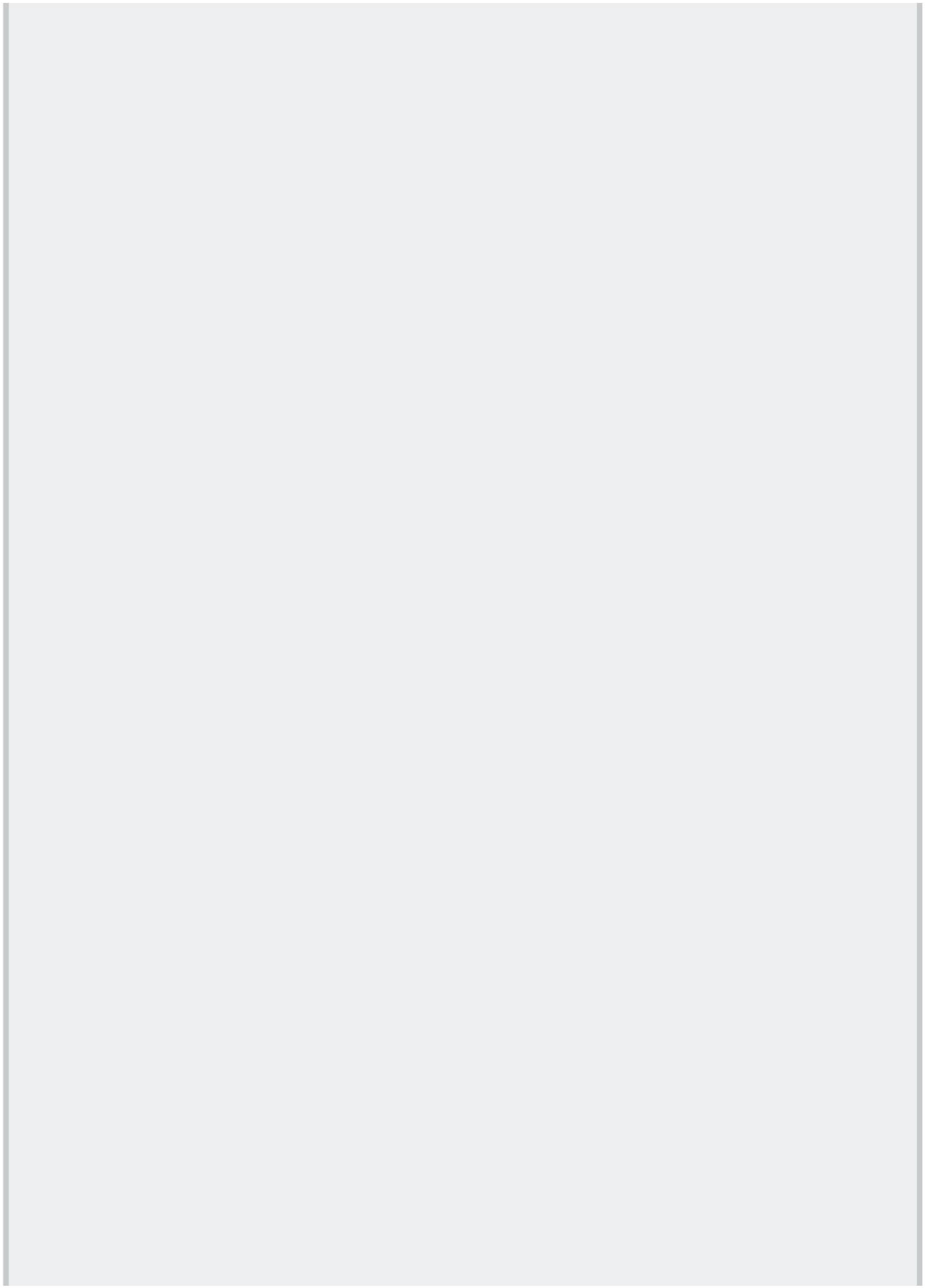

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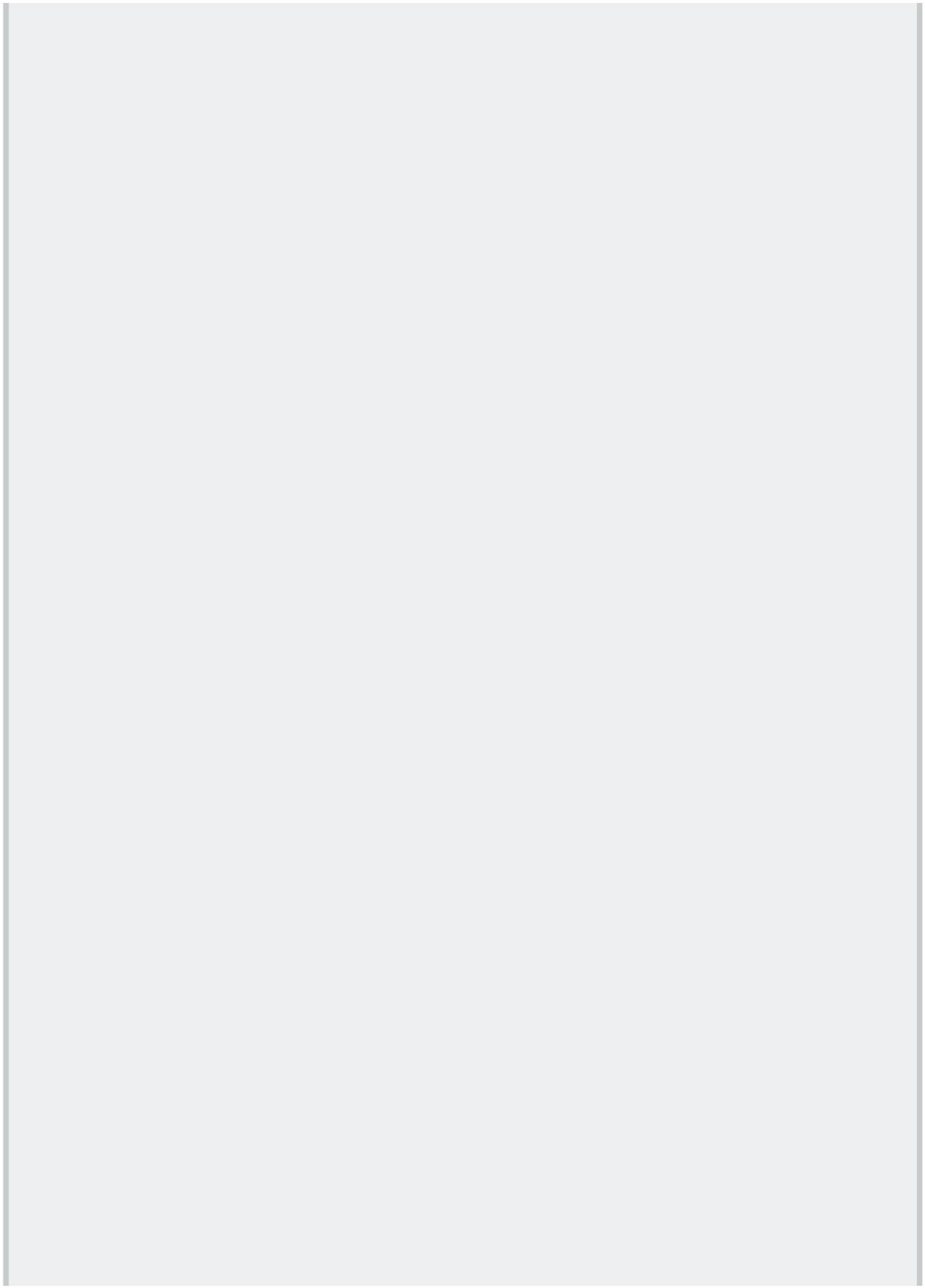

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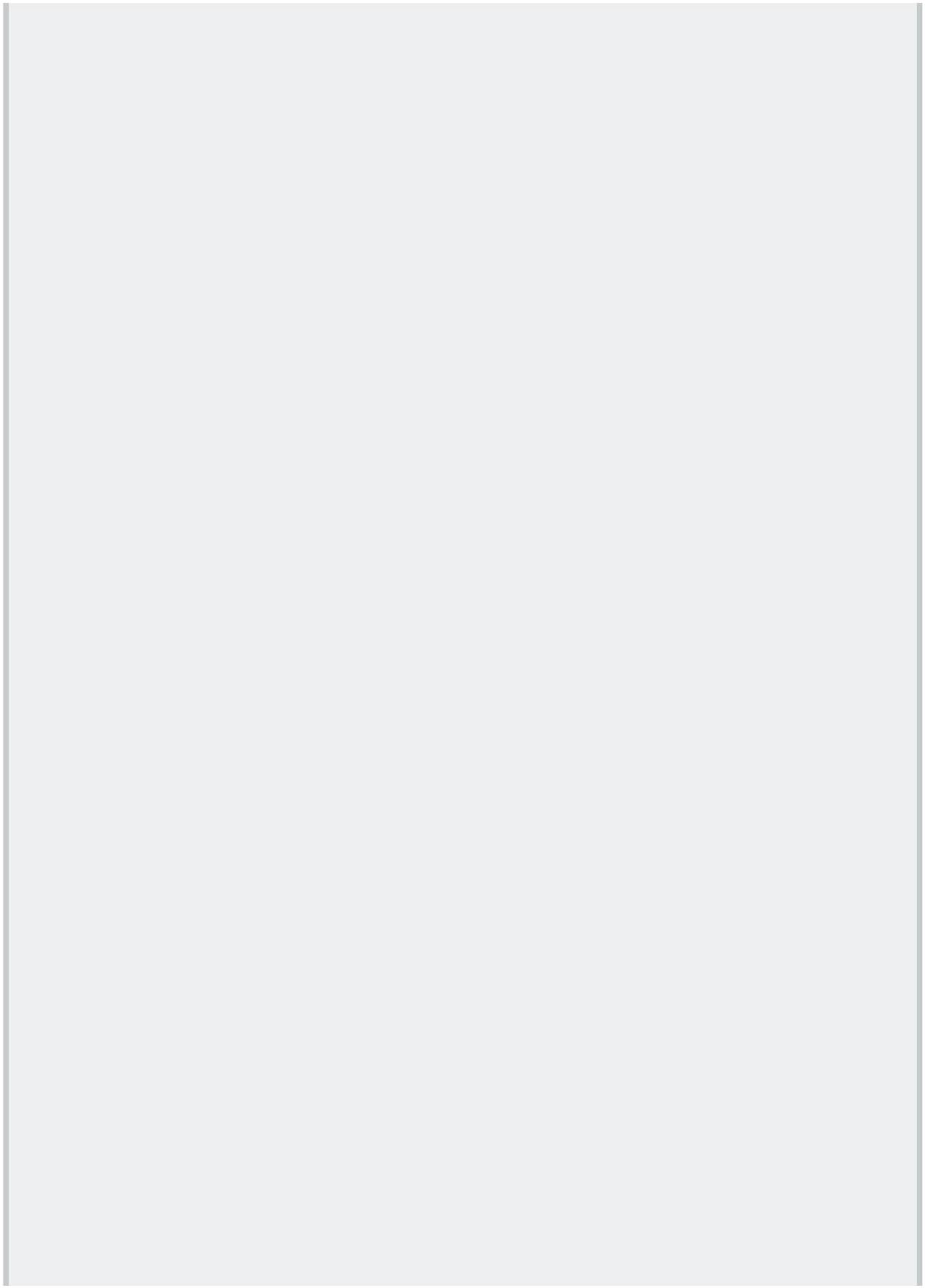

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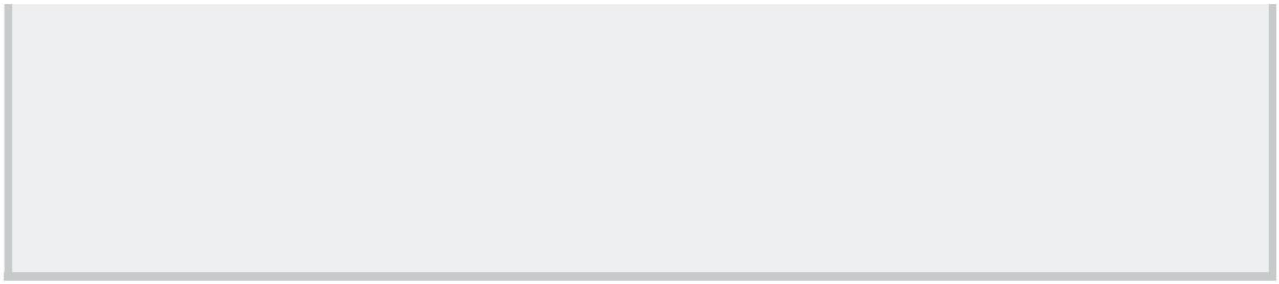

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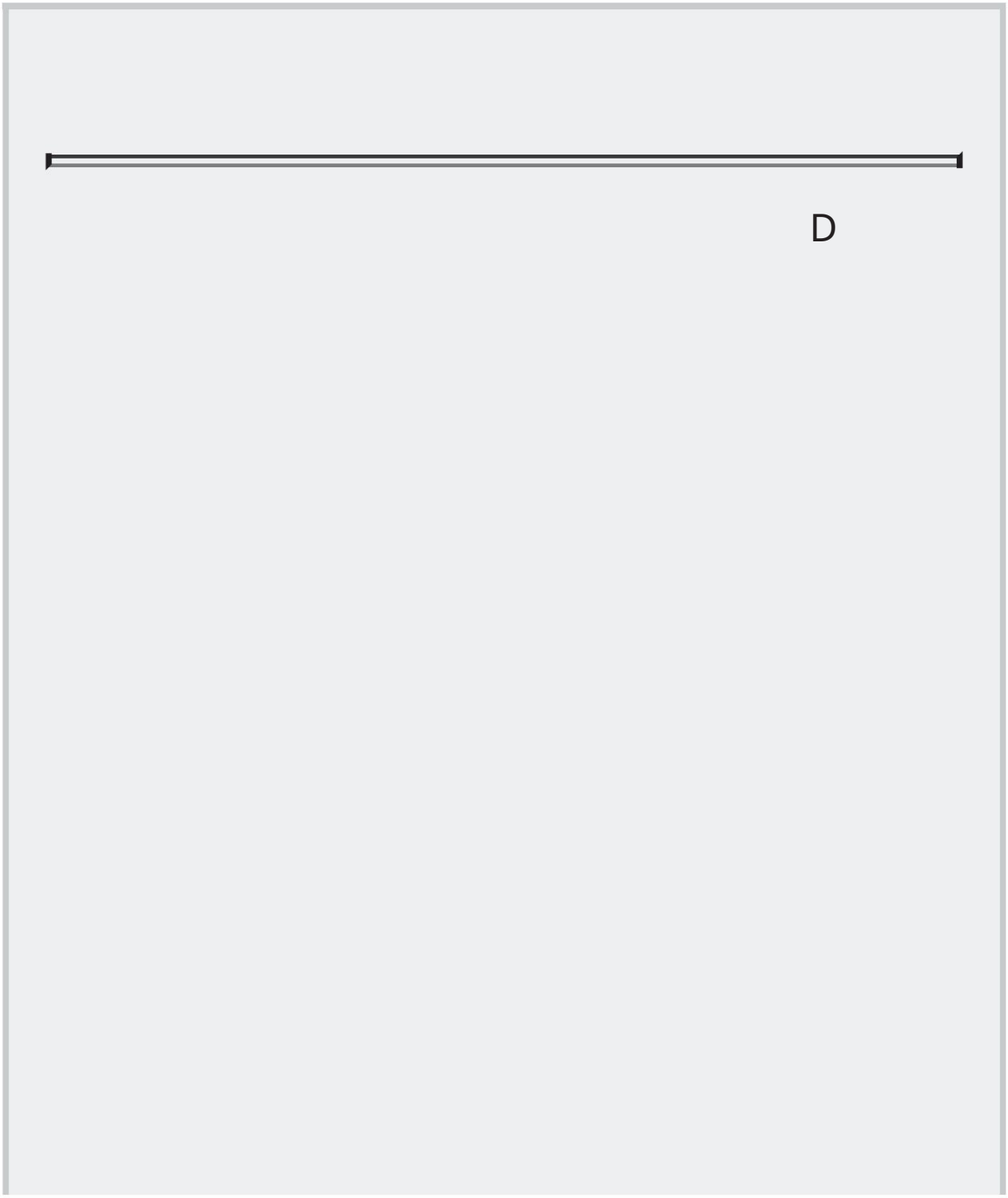

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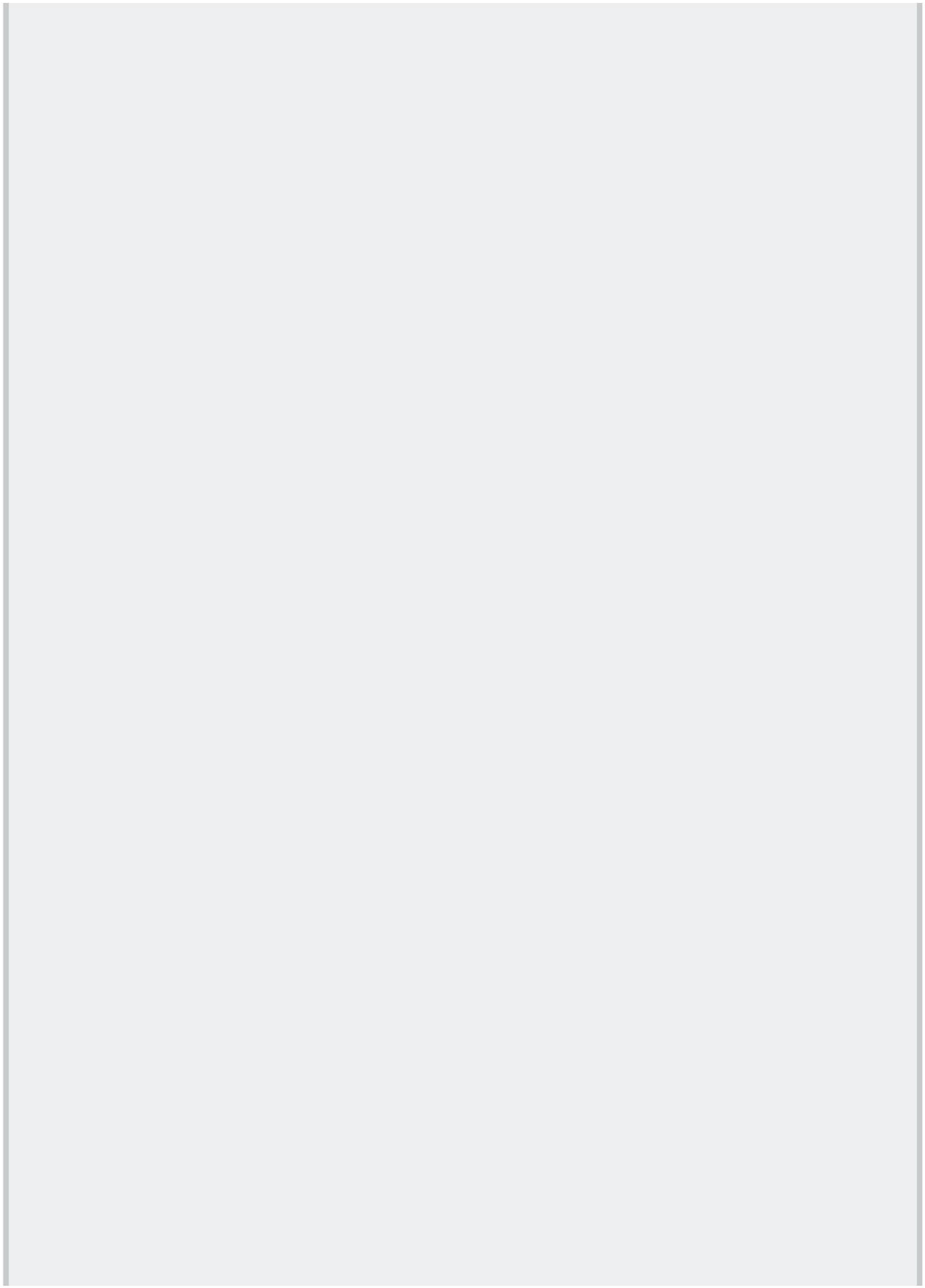

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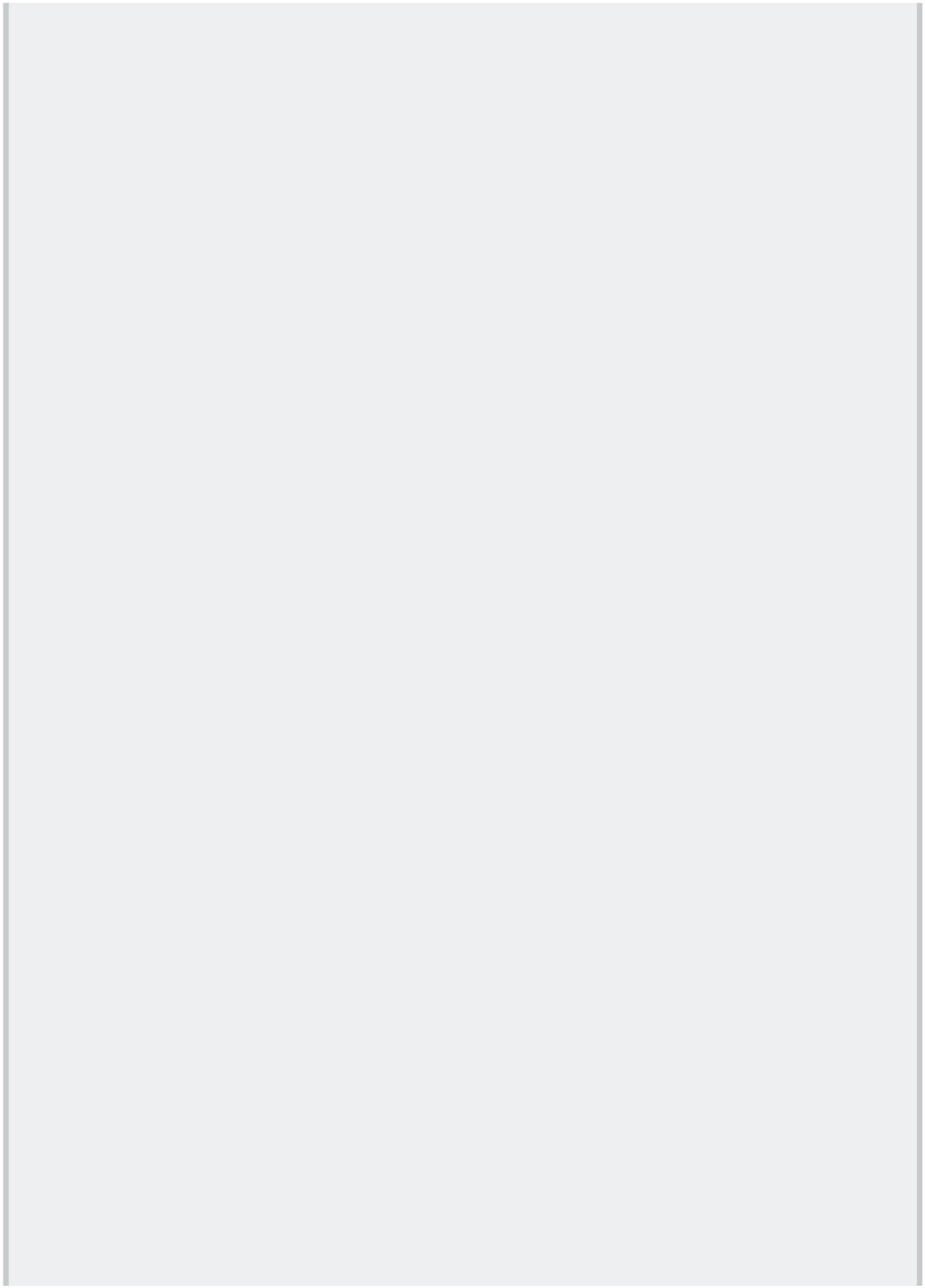

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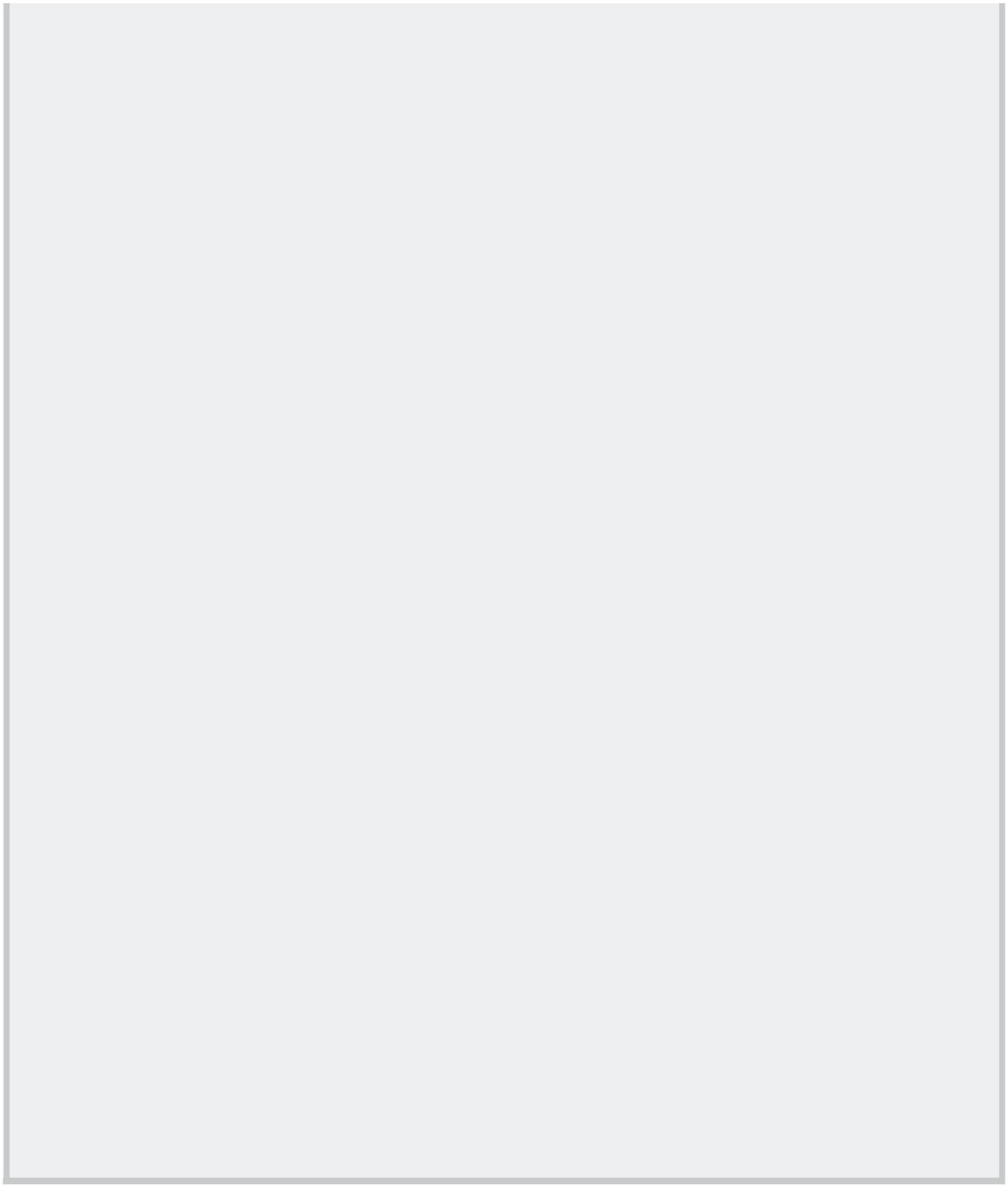

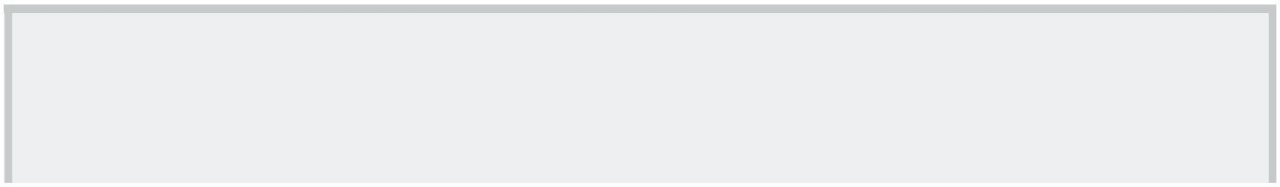

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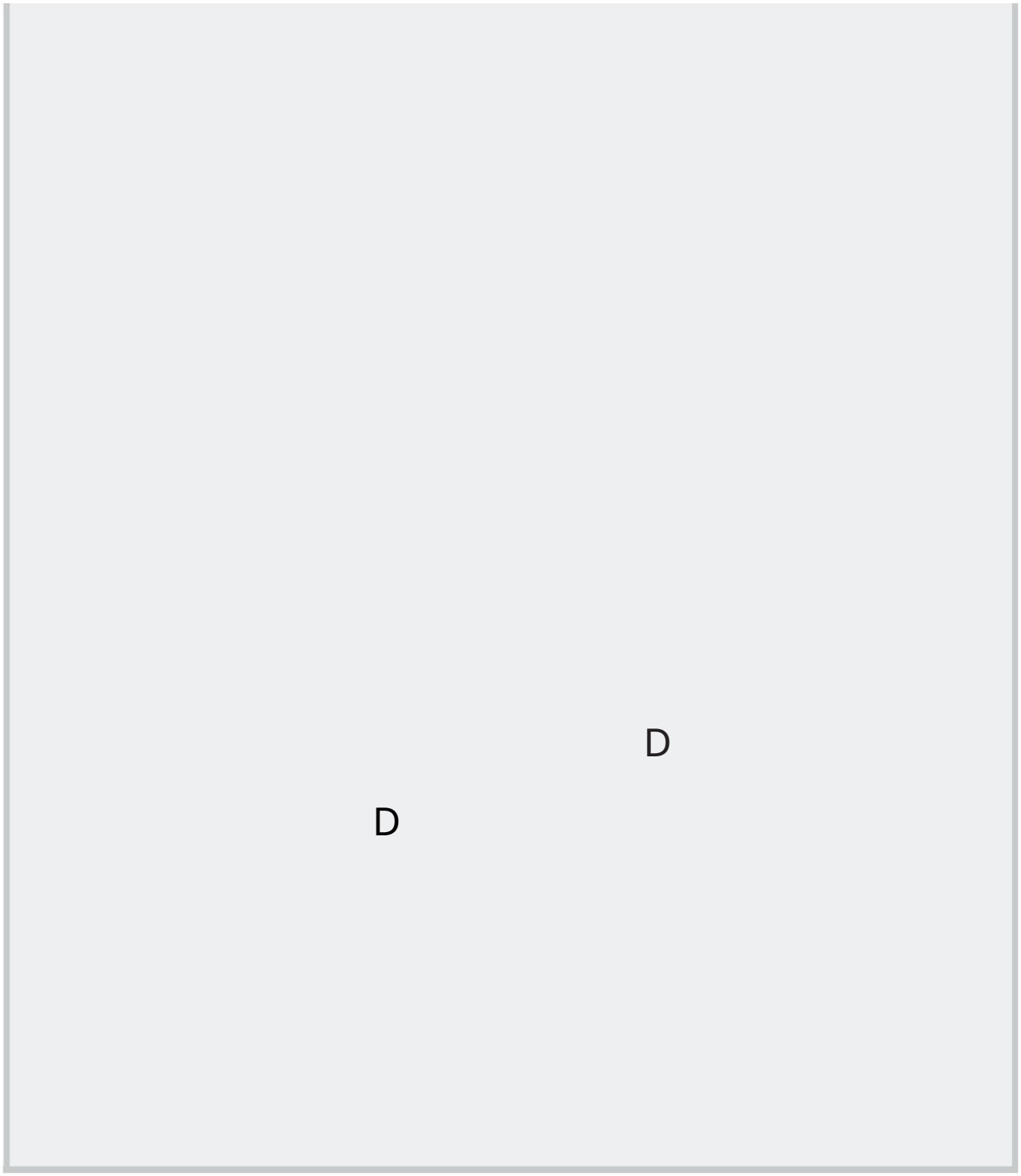

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